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AS ALSO  
*Other Tid Bits.*

BY JENNY WREN.



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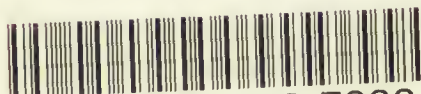
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As also other Tid Bits

BY

JENNY WREN *pseud.*  
COOK AND HOUSEKEEPER



TRÈS BON !

ALEXANDER GARDNER  
Publisher to Her Majesty the Queen  
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## NOTE BY THE AUTHORESS.

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By placing this little book in the hands of the public, I have fulfilled a long-cherished intention—namely, to give them a selection of my very best receipts for the making of soups and entrees, likewise the cooking of fish, the preparation of pies and the dressing of game and poultry for the table. The directions offered under these heads have at least the merit of being practical, and can be “worked to,” and varied to taste; many of the formulas being suggestive of others that may be founded on them. I need not say more, by way of preface, than that I trust the following pages will not be deemed to have been written in vain.

September 15, 1891.



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# DAINTY DISHES FOR DINNERS, LUNCHEONS AND SUPPERS.



## THE BEST SOUPS.



### PRELIMINARY REMARKS.

“—— and in your bill of fare don't forget the soup.”—*Sidney Smith.*

NATIONS which live on soup are well fed. France, Scotland, and Wales afford examples of the fact. The French are great in soups, the Scotch come next, and the Welsh follow. Soup, as a rule, is easily made ; it is nourishing ; and, when well prepared, grateful to the palate. Soups form the first course of set dinners, and at times are in many families the sole “course.”

As almost anything can be utilised for the soup-pot, soup can be prepared at a cheap rate. Many, doubtless, have heard of that excellent institution the *pot au feu*, or “pot at the fire ;” it is a receptacle for fragmentary food stuffs that might otherwise be lost, or not utilised to advantage. A basin of good ready-made soup can always be drawn from the *pot au feu*.

In making soup, as indeed in all other branches of cookery, I begin by inculcating the utmost cleanliness throughout the process. Cleanliness is said to be of kin to godliness, see, therefore, cook or house-mistress, that your broth pots are clean and sweet, as well as nicely tinned or lacquered all over the interior ; if they are not, woe be unto you, for the compound made in them will

look bad and taste worse, in which case eye and palate will be both displeased. In preparing soup, all spoons, straining cloths, tasting ladles, and stirring sticks should be thoroughly cleaned both before and after being used. By taking pains success is ensured. All pots used should be clean for two or three inches round the *outside* of the rim, that the liquor may be poured without danger of being soiled or spoiled. Take care the lids fit to a nicety, to prevent the unnecessary escape of steam. Soup cooked in a vessel from which the lid has been removed, or which has a badly fitting lid, loses a large portion of its flavour.

The distinguishing quality of good soup is to be permeated with the flavour of the substance of which it is composed. Soups are sometimes only too suggestive of a mess of dirty water. In dining at many hotels and restaurants, all soups served seem to be made of much the same material, flavoured at the last moment with a little of the matter of which they ought almost solely to consist, or which should at least be the prevailing *tone* of the compound—thus gravy, brown, ox-tail, or kidney soup, as partaken of at a tavern, are in many cases one and the same soup, with the necessary flavouring matter added. There are, of course, many soups for which a common stock may and does serve for a foundation; cooks should study carefully where the foundation ends and where the embodiment of the real flavour begins.

In the making of Scottish soups, in particular, the question of their flavour should be carefully studied from beginning to end, as most of them are made “right away,” as the Americans say, and not from stock. Hare soup, cockie-leekie, hotch-potch, and sheep’s-head broth are compounds of a marked kind, and any tampering with their manufacture is easily detected. In French soups again, as a rule, many compositions are sold which are just one and the same. For instance, in one famous restaurant in Paris you will be supplied with what is called *Printanier*, which is the same soup that in the establishment next door figures as *Julienne*, while a third restaurant calls it *Jardiniere*,

but the compound, under whatever name it is purchased, is to all intents and purposes the same.

I have no hesitation in saying that I understand soups. With a view to enhance the value of what I have to say, I have gone deeply into their study, and have consulted all the best French writers on the subject, such as Francatelli, Dubois, Careme, Soyer, and several others. Receipts for at least two hundred so-called soups have come under my observation, and were I to give an account of these in my own language, a volume of goodly size could be filled. The plain truth is, that less than thirty receipts would be quite sufficient to describe all the really original soups which pertain to the world's *cuisine*.

## A FEW WORDS ABOUT SOUP STOCKS.

---

THE French designate their stocks by "degrees;" they have their *consomme* and their *grand consomme*, as well as their *Blonde de veau*, and other varieties; but I will not, on this occasion, go so far as the French, as I think directions for making a good strong stock will be quite sufficient, as it can be used either at its full strength or diluted, so as to be generally useful on the occasion of either family or party dinners.

*Family Soup* Put on, with cold water, 5 lb. weight of juicy beef  
*Stock for* —hough will do very well—if you add a few  
*General Use.* broken bones, so much the better. Simmer  
gently for two hours, skimming off the fat as it rises. When the liquor begins to look clear, add a little salt and some black peppercorns; next, put into the pot a few vegetables, well cleaned—as the barrels of a couple of fat leeks, the white parts only, a stick of celery, two small carrots, a turnip, and a few small peeled onions, to help the flavour; cloves and fine herbs may be added at discretion. Put on with six or seven quarts of water, or less as the case may be, and let it boil to about a third. If the meat is wanted to eat, take it out when it is ready, but boil the liquor for about five hours. Strain and cool it; if a cake of fat still gathers on the top, pick it off and keep it; it will come in useful.

The above is a foundation to build upon, and to show the mode in which stock is prepared. The more beef there is, the stronger, of course, will be the stock; but a pound of beef to each quart of water is about the right quantity. A knuckle of veal or a fowl will add to the strength of the stock in certain respects, and as regards the vegetables care must be taken in their selection, as celery has a very pronounced and penetrating flavour. In making stock regard should be had both as to what



it is to be used for and when it is to be used. Soups, speaking roundly, are of three kinds. First of all, there is clear soup; secondly, there is soup thickened with various ingredients. Next, there is what may be termed a kind of half-and-half, as between a thick soup and a thin stew. Well-made stock in company-giving houses is just so much capital which the mistress has to work upon. She can dilute the above compound, and with about a teacupful of the cut vegetables now sold by nearly all grocers, prepare a *Jullienne* soup with great expedition if unexpected guests are announced.

*French Consomme* Is made like the above, only with a greater variety of meats, some of which, before being placed in the stock-pot, are cut down and fried for a little time in a stewpan. If a fowl be boiled in the stew it will be economical to serve it for dinner, in which case remove it from the pot in good time. A piece of veal may be used in the same way. Be careful as to the vegetables used. Strain the stock after it has been boiled for five or six hours, and reserve it for use. If well made it will keep in a cool place for many days. For strong jellied stock use veal and poultry till the required strength be obtained.

*White Soup Stocks* Are made pretty much as the above, only white meats being used, that is veal and poultry, along with a few strips of lean ham; flavour carefully with two or three small onions, a little mace, and a carrot or two, as well as a few blades of parsley. If thoroughly well boiled and carefully seasoned, this will serve as a basis for white soups of many kinds. Great discretion must be exercised in the seasoning of stocks, as they will in all probability be required to take on a variety of flavours, being used for soups of various kinds. This is a hint which no cook should be above taking. To know when there is just enough and no more onion or celery than is needed is an art acquired only by care and experience. The more care taken the greater will be the cook's credit.

---

*Asparagus.* A special stock should be prepared for this soup from hough beef and bacon; boil with these meats a bunch of flavouring herbs, also the inside part of a pretty large cabbage, along with a supply of stale crusts

of bread. Two pounds of hough or neck of beef, and three-quarters of a pound of bacon, not very fat, will yield a sufficiency of stock for soup for eight or ten persons. Simmer slowly for a couple of hours, then skim carefully and strain. Restore the liquor to the pot, add from one pint to two pints of asparagus tops, cut small, season to taste, and keep on the fire till the vegetable is quite ready, then pour into a hot tureen and serve. Various refinements may be made on these directions, a couple of eggs, beat up in a little new milk, can be added ; if thought proper, all the edible parts of the asparagus may be chopped up and used.

*Brown.* Dilute a pint of strong stock by making it into three quarts. Put a portion of the liquor, say half, into a good-sized pan, in which stew a couple of turnips, a few small carrots, an onion or two, and a stick of celery, as also a pint of peas, which have all been fried in clean dripping for a few minutes ; simmer the whole for an hour-and-a-half, adding pepper and salt to taste ; skim and then strain, and return to stewpan, with remainder of diluted stock, bring again to the boil for a minute or two, having added previously a little isinglass to clear it ; strain again into a hot tureen and serve. A little steak may be first browned in the stock and then be cut in small pieces to be served in the soup, according to taste.

*Chicken.* Stew three chickens in diluted white stock for an hour, having in the pan a little sliced carrot and turnip. Take out the birds in an hour and peel off the white flesh, restoring the carcase to the pan, and allow the contents to simmer for another hour. Meantime beat up the white flesh with soft loaf bread in a mortar, moistened with the liquor, add it to contents of pan, as also a few tablespoonfuls of hot cream, and then after a few minutes have elapsed strain the whole, flavouring with salt and a grain or two of cayenne. Five pints of diluted stock will be sufficient ; thicken with a little flour if thought desirable, or add some very thin toasted bread cut into minute pieces. This is "the Queen's Soup."

*Game (par excellence.)* This receipt was given me by a game-keeper in Ross-shire. "All kinds of game and game birds are suitable for making the following soup :—Get as much as you can ; pluck and wipe clean ; cut off all the fleshy pieces and stew them in two quarts of water with a pound or two

of mixed ham, and plenty of nicely chopped cabbage, well washed. Meantime break all the bones, which should be 'duddy,' and stew them in a separate pot with a pint of water and some flour and butter for twenty minutes on a slow fire; strain the liquor into the other pot, which should simmer with a close lid for three hours. Strain the contents into yet another goblet in which has been placed all the fleshy parts of a hare and a small basin-ful of cut carrot, turnip, and chopped onions; add a pint of brown soup if you have it, or stock of some kind, and simmer for an hour and a half. Season to taste with pepper, salt, a clove or two, and a small bag of celery seed (to be taken out when the soup is dished). Serve very hot.

Boil in a soup pot four breakfast cup-fuls of green  
*Green Pea.* peas till they become tender, also a turnip cut in pieces and a few onions in a pint of diluted stock, flavouring the liquor with a stick of celery and a few handfuls of mint, when ready put the whole through a sieve into two quarts of soup stock. Let boil for a few minutes. Season to taste with salt, and add a morsel of sugar. Some cooks put a little spinach in the stock, also a couple of pats of fresh butter. Serve hot.

Joint neatly as many birds as you think will do  
*Grouse Soup.*—say four or six—and stew the pieces patiently in from two to three pints of soup stock till tender. Meantime have the backbones of the grouse done in a pint of water till all the "virtue" has been extracted and the liquor is pretty pungent. Strain the liquor from each pot and mix it, together with the best bits of the birds. Give this a good boil, adding pepper and salt to taste, as also a knot of sugar and a glass of port wine. A little vegetable matter, if liked, say a chopped carrot and a sliced onion or two, should be simmered in the stock, but should not be served in the soup. This soup will take in all two hours and a half to ready. The above receipt is the only one I know *practically*, and it can be varied a good deal by keeping all the birds that are so badly shot as not to be presentable, as also the grouse fragments and bones not used at table, likewise the legs of partridges or pheasants, with which to help the stock, and the seasoning may be varied to taste; some like to beat in a floury potato, as in hare soup, and many like to have the juice of more vegetables than I have in-

dicated. As an old Scotchwoman, a friend of my mother, used to say, "It is all a matter of taste—some like parritch and some like puddocks." It is the duty of a good cook, however, to work to orders.

Steam, or rather stew slowly, a mess of turnips, *Tomato.* carrots, and onions, also a stick of celery, with half a pound of lean ham and a *little bit* of fresh butter over a slow fire for half an hour or so. Then add two quarts of diluted stock or of other liquor in which meat has been boiled, as also eight or ten ripe tomatoes. Stew the whole for an hour and a half, then pass through a sieve into the pan again; add pepper and salt to taste, boil for ten minutes and serve hot. This soup may, on an emergency, be made from tomato sauce or canned tomatoes. Put thin toasted bread cut in dice into the soup, if approved, as it is being dished. Serve very hot.

Take half a pound of mixed vegetables nicely *Spring.* cleaned and cut down, to each quart of stock. Before using them throw them into boiling water for a minute. Meantime have your stock on to boil with all the flavouring matter you require, such as onions, lettuce, etc., with the requisite seasoning of pepper and salt. When ready strain and return to the sauce pan with the cut vegetables, any that are in season, boil again till wanted for table. Some cooks fry the fancy cut vegetables in a little butter before using them—as to this, taste must be the guide. Cook must learn that almost everything used in making soup takes a different allowance of time to boil—this must be studied where different vegetables are used in the same soup.

May be made as above, serving in it a lot of vegetables cut into very small portions—carrots and *Jardiniere* turnips are best. Season to taste with herbs of all kinds boiled in the stock, such as tarragon, chervil, and lettuce. *Jardinêre* and *Jullienne* may be made from clear stock, taking care that the vegetables are well boiled before straining, and also that the ornamental cut vegetables put in after straining are quite ready. Badly cooked vegetables ought to be carefully guarded against. The ornamental vegetables, being in small pieces, will ready quickly.



This is a delightful soup, especially seasonable in *Cockie Leekie*. winter, and may be made without the proverbial "auld cock" or "tough hen," but the following is the orthodox plan. Boil two or three pounds of hough or beef to rags in as much water as is thought necessary, and while doing so have three or four good large leeks in the pot, the rank or tail ends being cut off. When the meat is thoroughly boiled let it be removed, that its place may be taken by a couple of fowls, one of which may be cut into joints to be served with the soup, the other can be boiled whole and served as a portion of the dinner. Put into the stock plenty of the barrels of fat leeks well cleaned and cut into small portions, and let the whole be well boiled, above all do not grudge the leeks: the compound ought to be thick and slab. Season to taste, as it is about ready. Those who do not wish to go to the expense of fowls can make a famous tureen full of leek soup out of three pounds of hough beef.

This compound is delicious, made mostly from *Hotch-Potch*. vegetables. It comes into season about June, and lasts till the end of September. Put the meat, say three or four pounds of fine fresh lamb or mutton, as lean as possible, in a nice, clean goblet, with as much cold water as is deemed requisite. The mutton may be kept in one lump, but it is usually sliced into little pieces for easy service along with the soup. Remove the scum as it rises. In making hotch-potch, there cannot be too many vegetables used, so far as variety is concerned. First of all, grate down into a pulp the outer portion of a whole carrot, and place to the meat in the goblet; then cut down to dice, along with the remainder, other two small carrots, add also a couple of small sweet turnips cut down, likewise a few young onions, the heart of a nice little cabbage, in addition to a handful of chopped parsley. Many persons like a large teacupful of cauliflower put to the soup. As many of these vegetables,—all of them being carefully cleaned,—as will fill a quart measure may be used, and a similar quantity of beans and peas should be added, *but no barley*. Boil the compound long and well, but not quickly, and keep the lid carefully fixed on the soup pan. It will take a cook some time to learn how to make this fine soup with the necessary success. All the vegetables should be clean and as fresh as possible; a few shreds of lettuce may be added, if approved, but do not spoil the soup by adding



a potatoe, as I have seen done. Hotch-potch may be varied according to taste, some persons preferring beef to either lamb or mutton. Don't forget the useful seasoning of salt and pepper. Now-a-days, when vegetables are brought from great distances, at all periods of the year, this soup can be made even in the dead of winter or very early in the spring, using preserved peas and such green vegetables as can be procured.

It requires practice to make real hare soup. One *Scottish Hare*. item in the confection is the preservation of all the blood in the animal when it is killed, and therefore a snared or coursed hare is better than one which has been shot, and from which most of the blood must have escaped. Having got your hare, skin and empty it, and in doing so save every drop of its precious blood. Cut off the meaty parts into nice pieces, which lay aside to be boiled amid the soup. Such fragments of the animal as are left boil up for stock along with three pounds of hough beef and a head or two of celery, also some seasoning in the shape of salt, whole black pepper, and a chopped onion or two. The latter is matter of taste, but I like it. After boiling for three hours, strain off the liquor, have the blood of the hare in a basin, and very gradually stir in the stock—keep stirring (this is important) all the time you are adding it—then place the whole on the fire in a clean pan, and stir constantly and carefully until it comes to the boil. Add the slices of the hare, either as they are or after being slightly fried in a little flour. The flour of a raw grated potato may be very gradually and carefully stirred into the soup, but some persons do not like it. A *soupeçon* of cayenne (just a pinch) may be added as the soup is being dished. Serve with a little bit of the hare in each plate. Let the soup be well boiled. The bouquet of this soup will tell when it is well made. Some cooks add half a pint of port wine, others a pint of porter, but I prefer it without these additions. The soup may be also additionally thickened by parboiling the liver of the hare and grating it. I never add catsup; some do, but that is a matter of personal liking. When I am so fortunate as to possess two hares, I do not use any hough for the stock, but boil down one hare as a foundation, saving its blood, of course, for the soup.—N.B. Boil very slowly at the side of the fire.

That all may understand the best ways of making this soup, I subjoin a receipt given me by a friend, although it is very like

my own :—Scottish hare soup requires a stock composed of shin of beef or hough. Three pounds weight will do, and the boiling can be afterwards made up and used as potted beef, if not over-boiled. An onion or two and a couple of sticks of celery should be put in the stock, which, when ready, should be carefully strained and left to get cold in order to remove the fat. The stock may be made the day before the soup. A good big hare, with plenty of blood in it, or two small ones, should be selected. Snared hares contain most blood. After being carefully skinned and gutted, great care being taken not to lose any of the blood, which is all needed, the hare should be cut into pieces over a basin among clean cold water. After a time the water and blood is strained off, through a strainer or cloth, into the pot in which the soup is to be boiled. The pieces of hare are then added, and the whole must be carefully stirred till it boils, after which the stock should be very gradually stirred in. A good potato may, with advantage, be grated raw and mixed with the soup, or a spoonful of B. & P.'s corn flour, doing it carefully, mixing first in a basin with a portion of the soup cooled a little, which will be found, when carefully made, exceedingly palatable. Two and a half hours will be requisite for the boiling of this soup—it may be ready a little sooner or a little later, according as the hare is tough or tender, old or young. Serve very hot, with a portion of the meat to each guest, giving the head to a “professed epicure,” if there be one at table. Season to taste. Hare soup, as made in Scotland, is a most appetising compound, and after all that has been said and written about the cookery of the hare, that animal is undoubtedly used to the greatest possible advantage when it is converted into soup; every portion of it can be utilised, the blood particularly being of much use in making this dainty. “The flavour—even the perfume—of a pot of well-made hare soup is a thing that will long dwell in the memory of those unaccustomed to such ambrosial food!” The hare is in its best season when oysters are plentiful, and no good Scotch dinner from September to March is perfect without a large tureen filled with this red, reeking, and grateful compound. A cook must not despair if she does not succeed with this soup on the first trial; it requires no end of pains.

Take two sets of giblets, cut one set in pieces and  
*Giblet.*      boil them in the stock—soup stock half diluted  
                  with water, along with such flavouring ingredients  
 as a quarter of a pound of lean ham an onion, a few cloves, a

little thyme, and a spoonful of celery seeds in a bag. Simmer all for two hours, and strain. Then thicken with a little flour fried with butter; put in the other set of giblets, cut into mouthfuls, and simmer till ready. Season with salt and pepper. Serve with toasted bread in small dice. Some cooks like to fry the first set of giblets with a piece of fat ham, adding the whole fry to the stock. The seasoning can be varied to taste. When a soup of pronounced flavour has to be made, I invariably dilute the stock which I use with a third or a half of water, according to the quantity of the flavouring material which I possess.

This is an expensive soup, made from white stock,  
*A la Reine.* with the aid of a fowl or two and plenty of cream.

First of all, boil two fowls in the stock till ready; then take them out to form part of the dinner, if you like, or boil them to rags, and then beat the flesh in a mortar with an ounce of sweet almonds, and restore to the liquor; at the same time add the crumbs of two French rolls, and let the whole simmer for fully half-an-hour; then run the liquor through a tammy; add a small spoonful of white sugar and half a pint of boiling cream. Cut the crust of the two French rolls into small pieces, and place in the tureen; pour the soup over them and serve.

This soup is made from calf's head, and is expensive, as it requires a lot of backing up with wine, etc. Half of a head will be enough for a large quantity of soup. Scald the head with the skin on, remove the brain, then boil the head in a clean cloth till the flesh will come off readily. Cut it in small pieces, and place in a basin of cold water. Dilute three quarts of your common stock to half strength, and place the meat in it to boil for a little time, say half-an-hour. Meantime mince up a lot of herbs, parsley, thyme, etc., with two onions and a few chopped mushrooms. Stew these with a bit of butter in a separate pan, adding portions of lean ham. Dredge in some flour, and let the whole simmer for a short time. Add next three glasses of sherry wine and a little stock; after the space of ten minutes strain and add to the calf's head. Force meat balls should be included, and the whole should be well seasoned with salt, cayenne, mace, etc. When dished, squeeze in the juice of half a lemon, or serve lemon with the soup separately. It will take a good deal of study

before perfection can be attained in the making of this soup. It must be well boiled at every stage of preparation, and will take at least four hours to make ready.

Make from the head of an ox much in the same  
*Hessian.* way as mock turtle. Put in plenty of vegetables, and use half a gallon of water. When ready, put all the vegetables through a colander, and let the soup be very hot. Be liberal of the vegetables, six carrots, three turnips, two breakfast cupfuls of peas, onions, celery, with a bunch of savoury herbs. Cut the meat from the head when tender, and skim the fat off the soup. It will take about four and a half hours to cook this soup.

This palatable dish may be made of either  
*Mulligatawny.* chicken or veal. Stew a small knuckle of veal, cut in portions, along with a little butter, a few thin slices of very lean ham, turnip, onion, and carrot to taste—a little of each; also half a dozen apples and half a pint of water. Let the whole remain for a time on a sharp fire, stirring occasionally till the liquid becomes a little glazed; then take out a portion of it in a basin, and stir into it with a spoon a supply of curry powder to taste, say a wineglassful, as also a tea-cupful of flour; add this gradually to the contents of the stew-pan, which fill up with as much water as required for the soup: add a little salt and a little sugar as soon as the water boils. Let the goblet remain at the side of the fire to simmer for about three hours, skim off any fat that comes to the top, then strain the liquor; trim the meat neatly in small portions, and put the whole again on the fire to boil for a few minutes. Serve with rice in a separate dish, or in the soup, as may be preferred. A fowl cut in portions may be served in the soup instead of the veal. Taste and try before dishing, so as to gauge the seasoning, as curry is a dangerous article to meddle with. Some persons like their mulligatawny very highly curried, others do not. The soup may be made thick or thin to taste, and those who have neither veal nor fowl may use a pair of rabbits instead. Mulligatawny is an excellent winter soup.

Procure two fresh ox-tails, and cut them in pieces  
*Ox-Tail.* at the joints; place in a stew-pan, and proceed so far with the same materials as for mulligatawny. No curry is used. When the liquid is brown-glazed, carefully stir in a little



flour, and add as much more water as may be deemed necessary; add salt to taste, and stir till the soup comes to the boil, when a gill or two of some soup stock may be added. Set aside to simmer till the tails are ready, which will be known when the flesh comes easily away from the bone. Strain the liquor over the pieces of meat, which must be removed when ready, and be placed in the tureen. If the soup is desired to be clear instead of thick, omit the glazing process and the flour. Personal taste in the making of all soups should be the governing power. Some like a particular flavour to dominate all their soups.

The following receipt has been forwarded to me  
*Pigeon.* from the United States, and I give it as I got it.

The stock is made by cutting down old birds, and putting the pieces, with the *débris* of the six required for the soup (the necks, pinions, livers, gizzards, etc.), into four quarts of water. Boil till the substance of the meat is thoroughly extracted, then strain off the liquid to be ready to form the soup. Place six young and tender pigeons in the stock, trussed as if for stewing, and seasoned with salt and pepper, and boil till they are tender. Serve these as a separate dish. The soup is finished by having added to it fried vegetables—a handful of chopped parsley, a tablespoonful of nicely cut down onions, and a small quantity of spinach; fry in butter, along with a teacupful of bread crumbs, till nicely browned, then add to the soup, which ought to be of excellent flavour and is good for food. This is one of the soups which must have a special stock prepared, as it depends for its success on its strong flavour of the pigeon. Spice the compound to taste, and use other vegetables if preferred—such as celery, cauliflower, or asparagus buds—which will do as well as spinach.

A good, useful stock for fish soups may be prepared as follows :—Procure a piece of skate, say a pound-and-a-half, two or three flounders, and a large eel, clean them well and cut them down into small pieces, place them in water with seasoning to taste: mace, pepper, onions, salt, cloves, parsley, celery, and sweet herbs: boil for three hours, and then strain to be ready for use. If the soup is to be brown, first fry the fish well in butter, so as to acquire the requisite shade of colour. The above stock will do splendidly as a basis for oyster soup, which may be made with a hundred

oysters (bearded). Add them with their own liquor from the shell, and a little cayenne pepper. When thoroughly ready, say in half an-hour, take out a little of the liquor, in which beat up four yolks of eggs with a gill or two of cream and a little flour, all of which must be very gradually added to the boiling soup. Serve hot. A table-spoonful of shred parsley may be added if approved. Canned oysters will do for soup.

Procure a large hen fish, boiled, and with all its  
*Lobster.* coral, if possible. Cut away from it all the meat in neat little pieces ; beat up the fins and minor claws in a mortar, then stew the remains slowly, along with a little white stock ; season this with a bunch of sweet herbs ; a small onion, a little bit of celery, and a carrot may be placed in the stock, as also the toasted crust of a French roll. Season to taste with salt and a little cayenne. Simmer the whole for about an hour ; then strain and return the liquor to the saucepan, place in it the pieces of lobster, and having beat up the coral in a little flour and gravy, stir it in. Let the soup remain on the fire for a few minutes without boiling and serve hot. A small strip of the rind of a lemon may be boiled in the stock, and a little nutmeg may be added to the seasoning. This is a troublesome soup to prepare, but there are many who like it when it is well made. Some cooks heighten the flavour with a spoonful of anchovy sauce, diluted with a glass of wine. They also add a dessert-spoonful of strained lemon juice.

Skin a large haddock or three small ones. Strip  
*Haddock.* off the flesh in fillets, and pound it in a mortar with a teacupful of bread crumbs which have been soaked in sweet milk, as also a few shrimps or the small claws of a lobster, likewise a table-spoonful of nicely shred parsley. Add all these, after being well pounded, to a liquid made from the bones and skins of the haddocks boiled in diluted white stock, and seasoned to taste with onion, carrot, and mace, as also pepper and salt. Strain the soup, after it has boiled for an hour, through a coarse sieve, then return it to the pan, and, having thickened it with a little flour and butter, let it simmer gently for ten minutes before dishing. A very little ketchup may be introduced to taste, while some add a glass of sherry. Take particular care to keep out the bones of the fish.



## SELECTED DISHES OF FISHES.

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### PRELIMINARY NOTE.

“Here’s your fish, gents!”—*Chairman at Commercial table.*

OUR great “harvest of the sea” costs nothing save the expense of reaping. That being so, one would naturally suppose that fish would be the cheapest article in our daily dietary. Fish, however, is *anything but cheap*; in fact, taking its nutritive qualities into account, it is about the dearest food which people use.

All the fishes of the sea are at our command for food uses—man has been expressly given dominion over them; but the fisheries which contribute most largely to the National Commissariat are the herring and other white fish fisheries, viz., those which embrace the cod, haddock, and whiting, as well as the turbot and other flat fish. I question if my readers have ever thought of the enormous numbers of some of these animals that, from the beginning to the end of the year, are brought to table for the use of mankind. As to cured or salted herrings, we know that in some seasons in Scotland alone, as many as one million barrels have been cured; now, as each barrel, on the average, contains 700 herrings, that denotes a capture of 700,000,000! But that is not all, as many of these fish are taken every year to be sold as “fresh” herrings. The value of these fish at the rate of one-halfpenny each is £2,000,000! If we were to add the sums derived from whitebait, sprats, and pilchards, the amount could easily be increased to three millions and a half sterling, a wonderful sum to be represented by the members of only one fish family. The cost to the public of turbot, cod, and whiting is enormous. At some seasons of the year the sum of one guinea has been paid for an average-sized

cod fish, and twice as much for a turbot. Nor need we, in the future, expect fish to be greatly cheaper than at present, when a haddock weighing two pounds costs us from sevenpence to tenpence, and a herring sometimes three halfpence ! The railways now so equalise the supply that distant provincial towns are well supplied with fish.

Much has been said of late in various periodicals about the palatable and *nutritious* qualities of fish. That some fishes, when well cooked and nicely served, are highly palatable, I readily grant, but none are so *nutritious* as *some people* say they are—not even the mackerel, the constitution of which comes nearer to butcher meat than any other fish.

Cut a small fish into slices, free from bone. Dip *Baked Turbot*, each piece in beat egg and then bread crumb it, place the whole in a well buttered dish, sprinkling the slices with pepper, salt, and chopped parsley. Bake in a moderately heated oven, and once or twice, whilst cooking, put a few pats of butter on the fish. If a score of oysters can be baked in the same dish it will be an improvement. Serve in the dish in which it has been cooked, pouring over it a teacupful of boiling hot sauce, highly seasoned with cayenne, salt and ketchup. A napkin or strip of linen may be placed round the baking dish, which can be put upon an aisset and be so sent to table. The baking should take about an hour, but test the fish before venturing to serve it. Brill may be dressed and dished in the same way.

Large flat fish, sole or turbot, may be made into *Cutlets of Sole*. cutlets. Clean and skin dexterously, and cut in pieces, then fry in the usual way. I do not skin a sole myself, esteeming the skin as a *tid-bit*. Serve the cutlets neatly on a flat dish. *Sole a la Normandie*: Make a stuffing by frying or browning the following materials, a dozen mushrooms minced, a handful of parsley minced, and one shallot cut fine. Intermix all these carefully, with a little pepper and salt. After this has been fried for a few minutes, say eight, take it off the fire and beat into it the yolks of two eggs. Restore again to the fire, and stir carefully for a minute or so ; pour the composition on a plate to cool. Meantime, clean a large sole, removing the bone carefully, filling the cavities with the force meat. Bake the fish on a dish pretty much as in the receipt for *sole au grain*. Time, about an hour.

*Baked Sole* Clean the fish nicely, trimming it all round, then  
(*au gratin*.) lay it in a well-buttered scrupulously clean tin or silver baking dish. Before bedding the sole, put in a mixture of bread crumbs, and chopped parsley and onion in the dish. After the fish is laid on this bed, cover it with more bread crumbs and chopped mushroom, and just a taste of grated cheese. Place on the top a few dots of butter, and a little white gravy over all, say a teacupful. Bake in an oven slowly for over half an hour. Send to table in the baking dish.

*Souchet of Flounders.* Cut half a dozen or more flounders each into about four pieces. In a shallow stewpan put about three-quarters of a pint of water, in which has been placed a little pepper, salt, and sugar, some scraped horse radish, and a tablespoonful of shred parsley; let this liquid boil, and then put in the fish, which stew slowly till ready. It will require about fifteen minutes to cook properly. Serve in a deep dish, with as much of the liquor they have been cooked in as may be thought necessary.

*Fried Whittings* Clean, gut, and skin, then round the fish, and place its tail in its mouth; dredge well with flour, then dip it in a composition of egg and bread crumbs, fry in oil or good lard till of a delicate brown. Many prefer to cook this fish in its skin, *I do for one*.

Procure as many as are wanted, and dry them well  
*Fried Smelts.* in a cloth, dip them individually in flour, then paint them well with melted butter and yoke of eggs mixed, after which sprinkle them all over with oatmeal, fry in boiling oil or lard, and serve with thin anchovy sauce—thin it for the purpose with water and ketchup.

The skin on the dark side being removed, the  
*Fried Soles.* pale side may be well cleansed and slightly scraped. Trim off the fins neatly, dry the fish with care, dip in beat egg, or brush it over with the egg and cover it with bread crumbs. A large sole may be divided into two or three pieces by simply being cut across, or it may "filleted." Soles may be baked. Prepare the fish as above, and place a couple in a baking dish with a little melted butter, strew them over with bread crumbs and chopped parsley—let them be well done.

Pour off the gravy and add to it a couple of glasses of thin sherry and a few drops of lemon juice, as also a snuff of cayenne—boil and pour over the fish. These modes may be varied—chopped mushrooms, eschalots, and minced parsley may be freely used as well as the crumbs, and over them lay the fish, having sprinkled upon it a little white wine, and placed some butter in the baking pan. Many persons do not allow their soles to be skinned.

By way of variety, soles may be stewed and served  
*Stewed Soles.* in gravy. Proceed as follows:—Procure four small ones, ready skinned, cut off the flesh in fillets, and sprinkle them with a little salt. Meantime boil the bones and trimmings of the fish to serve as gravy, season this to taste with salt and pepper, and thicken slightly with a little flour. Strain and pour over the fillets, which will be ready in about twelve minutes. Serve hot with a few crumbs of toast and a lemon or two cut in very thin slices. The dish may be varied with shred parsley or a teaspoonful of capers.

*Oysters* OPEN and beard two or three dozen—carefully  
*Curried.* saving the liquor. Make up a curry with a little fresh butter, a tablespoonful of curry powder, and half a spoonful of flour, adding an onion chopped very small. The butter must first of course be melted. After mixing the curry with the butter, stew the oysters till tender, then add the oyster juice from the shells, and simmer it for a few minutes, say five or six; finally put in the oysters and let them stew till they are ready—about four minutes if they are small, five or six if extra large. Serve on a hot dish, round which is placed a border of boiled rice.

*Fish and* Take three small haddocks, or four if needed,  
*Sauce.* clean and gut them, and then lay them away in salt for a night. Next day cut off the fins, tails, and heads of the fish, which boil for an hour in water. Brown a little flour with butter in the stewpan, and pour in the liquor in which the fragments have been boiled. Add a few slices of onion, a snuff of cayenne, and a handful of parsley chopped very small, salt to taste, and a spoonful of ketchup. Let this come to the boil, and having cut the fish into portions add it, and let it simmer gently till ready, which it should be in half-an-hour or so.

*Curried  
Haddock.*

FILLET the fish and curry it in a pint of beef stock slightly diluted with water, and thickened with a tablespoonful of curry powder. Some cooks chop up an onion to place in the stew. It will take an hour to ready this dish. If preferred, fry the fish for a few minutes in clean lard or oil before stewing it in the curry. Cod and other fish can be curried in the same way. Curried Halibut is excellent.

*Boiled Cod's  
Head and  
Shoulders.*

Before it became a fashion to carve all dishes at the side-board, a cod's head and shoulders was considered a dish of sufficient importance to be made a show of, great care being taken to bring it to table in a presentable form, garnished with oysters and fried-fillets of haddock. A moderate-sized cod's head and shoulders requires to be boiled for fully three-quarters of an hour to be well done. Bind the mass with a piece of tape, which will keep it from breaking; add plenty of salt to the water, into which you may pour a wine glassful of vinegar. When ready, remove the tape, throw over it a little scraped horseradish, and serve with plenty of oysters in gravy.

*Baked Cod's  
Head and  
Shoulders.*

In regard to this dish 'defy Mrs. Grundy,' and get the reality and not the sham. Let the cod's head and shoulders come to the table in the dish in which it has been baked! Put the cod's head and shoulders in a deep dish, in which a pint of water has been placed. Season the water with a little gravy, and put in a spoonful of shred horseradish, two onions chopped very small, a dash of cayenne, also a snuff of grated nutmeg. Let the fish bake till well done, larding it twice with a liberal supply of butter, and dredging it before doing so with flour. Take out of the dish a few spoonfuls of the liquor, to which add a teacupful of boiling water, a wine-glassful of port, a squeeze of a lemon, a little ketchup, and a score of oysters cut in halves, which cook for a few minutes and pour over the fish. Garnish with slices of lemon and quarter slices of well-buttered toast.

*A Kettle of  
Salmon.*

No salmon neatly served upon snow-white napkin, in solemn dining-room, can be compared to a helping of the same fish from a Tweed kettle. Additional zest, of course, attends the banquet when those invited to partake have good appetite. A kettle of fish—salmon,



that is—is prepared in most primitive fashion. The speciality of such riverside gastronomy lies in keeping the water, or salt liquor, of one boiling to serve for the next occasion of cooking. It has been said the plan of boiling adopted on Tweed was the invention of the monks of Melrose, of whom it has been written that they—

“ Made gude kail  
On Fridays when they fasted,  
Nor wanted they gude beef and ale  
As lang’s their neighbour’s lasted.”

The monks, indeed, were famous for their knowledge of good living, and as our cookery books bear witness, promulgated receipts for many other good dishes besides the kettle of salmon, the speciality of which, as already indicated, lay in the strength of the pickle (the real Tweed sauce) in which it was boiled. When the water is hot, put salt into it and stir it well: taste it and if the liquor is strong enough to force you to cast it from your mouth, it will do. When the water boils put in the fish, when it boils again give twenty minutes for a salmon and sixteen for a grilse; let the fish be well washed previous to being cooked. If the salmon be cut in slices an inch thick, then ten minutes will be sufficient. Serve the fish in its own liquor, and keep the remainder of the brine in which it has been boiled for future use.

*Fish Pudding* FOR making this dish provide the following, three  
*a la* pounds of boiled cod or haddock, or turbot, two  
*Hollandaise.* ounces of butter, a wineglassful of flour, one pint  
of cream, half a dozen eggs. Take the bones out of the fish as carefully as possible. Add the yolks and whites of the eggs to the cream separately—having first beaten them—pour the liquor over the fish, and mix well. Season to taste with pepper and salt; put the whole into a buttered shape and bake for an hour; serve with a sauce of parsley and finely chopped eggs.

*Halibut a la* Boil four or five pounds of the fish, and when  
*Soyer.* ready dish without a napkin. Mix four ounces of anchovy butter with four spoonsfuls of whipped cream, add as much melted dairy butter, heat but do not allow this mixture to boil, pour over the fish and sprinkle over it plenty of toasted bread cut into minute portions.



Stew the fish as many as you require first of all, *Stewed Mullet*, in a liquor composed of white wine and butter well seasoned with pepper, salt, and minced shalots. Next arrange the fish in a tray and bake them for a few minutes in an oven, larding them with butter. Sprinkle them with lemon juice when dished.

Remove the skin and bone from some slices of *Salmon Steaks*, salmon one-half inch thick; trim them into shape; sprinkle on pepper, salt and flour and dip them into beaten egg mixed with a little chopped parsley; then bread-crumb them. Fry in a frying basket plunged into boiling lard. These may be fried in a frying pan with butter, but they are much nicer fried in a basket as above. Arrange around the outside of a hot dish and pour Tartare sauce in the centre.

*Broiled Salmon.* CUT the fish across into slices of about an inch thick, season to taste with pepper and salt, or a snuff of cayenne, then wrap the steaks in well-buttered paper, and do them over a slow fire, for say, twelve minutes, send them to the table in the paper in which they have been broiled, and serve with caper or parsley sauce.

*How to Cook a Finnan.* The best way to cook a "finnan haddie" is to broil it. Hold the skin side of the fish to the fire for a second or two so that the skin may be easily removed, then cook them on a gridiron, one side after the other. They will be well done in a few minutes—from five to seven, according to the size of the fish and the state of the fire, which should be clear. Serve hot, with pats of sweet butter; the flavour is delicious.

They must, of course, be nicely cleaned and *Fried Trout*, trimmed all round, but do not cut off their heads. Dredge them well with flour, and fry in a pan of boiling hot fat or oil. Turn them from side to side till they are nicely browned, and quite ready. Drain off all the fat before sending the fish to table; garnish with a few sprigs of parsley, and provide plain melted butter. If preferred, the trout can be larded with beaten egg, and be then dipped in bread crumb. The frying will occupy from five to eight minutes, according to size. Very large trout can be cut in pieces. Carp, perch, and other fresh water fish may be similarly treated.

*Trout (or other Fish) in Jelly.* This is a beautiful supper dish, and may be arranged as follows:—Turn the fish into rings, with tail in mouth. Prepare a seasoned water in which to boil the trout; the water should have a little vinegar and salt in it, and may be flavoured with a shallot or a clove of garlic. When the water is cold, place the trout in, and boil them very gently, so as not to hash or break them. When done lift out and drain. Baste with fish jelly, coat after coat, as each coat hardens. Arrange neatly, and serve.

*Stewed Trout.* Fry the trout whole, if they are small in size, for a little time in lard or butter; if large, fillet them.

Pour into the fry as much good soup stock as will just cover the fish, and allow them to simmer in it for half an hour or longer, according to size. At the same time, put in seasoning, pepper and salt, an inch or two of lemon rind, a bunch of parsley, and a finely minced shallot. Before serving, thicken the gravy with a little thickening, and pour it boiling hot over the fish. A little port wine or a drop of claret may be added to it.

## DAINTY DISHES FOR ENTREES.

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*Mutton Cutlets.* The following is a fanciful way of dressing mutton or lamb cutlets :—Stew them till nearly ready in some white stock, take out and glaze them, then make up a forcemeat of veal, beef, suet, two eggs, a little cream, and seasoning of pepper, parsley, and onions, with which to anoint the cutlets, doing so thoroughly. Place on a baking tin, and fire in a dullish oven till of a fine light brown colour, arrange neatly in a corner dish, garnished with a few blades of parsley, and serve as an *entrée*. It may be called in the *menu*, *cotelettes en robe de cérémonie*. A clear sauce may be handed round with the dish.

*Various Cutlets.* Cutlets of mutton, veal, or lamb, are served under a great variety of names, according to the mode in which they are dressed, or the sauce which is poured over them, or the garniture of vegetables with which they are ornamented when sent to table; thus there are cutlets (veal) *a l' Italienne* served on macaroni; cutlets *a la Maintenon* (mutton) served round a pile of stewed mushrooms or spinach; cutlets *a la Vanetienne* (veal) served with chopped mushrooms, shallots, and parsley. Cutlets of *Jambon* are of course cut from a ham. Cutlets *a la Dauphine* (lamb), dish these over a stew of green peas. Cutlets *a la Chingara* (veal) are served on pieces of ham or tongue, with a sauce composed of vegetables. There are also Reform Club cutlets, and cutlets *a la Soubise*. An ingenious cook who can make ready a cutlet, and confection a sauce for it, need not be at a loss for a name.

These can be served in many shapes; cut off portions of the solid flesh if you like, shape them as *Lamb Cutlets*, dip them in egg, and then in a plateful of bread-crumbs, fry and serve hot over a pyramid of peas or aspar-

agus. Alternate if you like on the dish these made cutlets with real ones nicely trimmed, egged and bread-crumbed, and fried the same as the others. A few minutes over a nice clear coal fire is sufficient for broiled cutlets, or lamb chops as we call them.

*Dressed Lamb Chops.* Procure as many chops as may be required from the back ribs ; get the butcher to trim them neatly. Dust carefully with a little pepper and salt, brush them over with beat egg, and thrust them into a mass of bread-crumbs and fried parsley, into which a hard-boiled egg or two have been finely chopped. Fry in boiling lard till well done. Arrange the chops around a low mound of nicely mashed potatoes, one a little over the other in one layer (like a row of bricks that has fallen) round the dish. See that this *entrée* is served as hot as possible. *Another Way.*—Prepare as above, but instead of serving on a pyramid of potatoes, pour over them some very hot and well-thickened gravy, in which a dozen or two of button mushrooms have been stewed. *Another way* of serving the chops is over a pyramid of mashed turnips instead of beat potatoes. Lamb cutlets can be nicely *broiled* and served in the same way round a dish of spinach.

*Veal Cutlets.* Procure a nice piece of veal, from which cut as many cutlets as you desire, shape them properly, and beat or roll them flat, dip them in a composition of beat eggs and parsley, next throw them upon a plateful of bread-crumbs (both sides of course), and afterwards fry them in clean dripping till they are prettily browned. Serve on a dish covered with a napkin, dry, or in a corner dish, with some kind of sauce.

*Minced Collops.* Butchers now keep minced collops at call, but care should be taken, for obvious reasons, to procure the mince at a respectable butcher's. Season to taste with pepper and salt, and about a table-spoonful of ketchup to a pound. Place in a stewpan, and do them over a slow fire ; keep constantly moving the collops with a wooden spoon to prevent them lumping or burning. Some cooks put in a small teacupful of gravy or soup stock, others a little browned butter, so as to liquify them. Many people cut up an onion very small to cook along with the collops ; others, if they are to be used at once, add a few bread-crumbs. The mince should be ready in about an hour.

*Gobbets  
of Beef.*

Procure a pound or two of nice lean beef, and after cutting it in little bits of about an inch square, cook it pretty much in the same fashion as the mince collops, allowing more gravy, which may be thickened to taste with flour. Season with pepper and salt. This dish will take about the same time to fire as mince collops. Send to table if you like with a border of mashed potatoes round the dish in which it is dished. Sippets of toast may be served with both of these dishes.

*Hare, Venison,  
and Veal  
Collops.*

These may be all prepared much in the same way as the preceding, using appropriate seasonings; and the collops may, if liked, be first browned by being fried for a minute or two in clean lard.

*Beef Stewed.*

The very essence of stewing consists of the operation being a slow one, and of the steam not being allowed to escape. It will take about two hours and a quarter to stew three pounds and a half of beef, cut into pieces of five or six ounces. A little bit of butter should be placed in the pan to brown, before putting in the beef; sufficient cold water should be added for gravy, after the beef has been put in for a minute or two, and the whole must be allowed to come to the boil, after which it must only simmer till it is ready. If a large quantity of gravy is thought desirable, it should be thickened with a tablespoonful of flour. In order to do that nicely, take out a teacupful or so of the liquid, into which stir the flour evenly, and then pour the contents into the stewpan half-an-hour before serving. Some persons boil down an onion or two to give flavour to the stew.

*Friars'  
Chicken.*

This is one of the savoury compounds for which we are indebted to the culinary taste of the "monks of old," who were fond of good living. Cut up two or three chickens, which have previously been drawn, washed, and skinned, into little pieces, and put them into four quarts of water—some cooks put the chicken on with boiling water—I say cold water is best; boil for about two hours, carefully skimming every now and then to keep the liquid clear; about a quarter-of-an-hour before dishing add a little parsley very finely chopped, and a minute or two before the stew is lifted from the fire stir in two eggs well beaten together; season



to taste. A small piece of lean beef (hough) may be used if a stronger soup is desired ; serve with a little bit of the chicken in each plate. This is a good stew for invalids.

*Haricot  
Mutton.*

It can be made from three pounds of the most fleshy and lean part of the neck cut into nice little bits like cutlets. The proper way to proceed is, first of all, to fry the meat with a little of the fat till it is about half ready. After that has been done, the vegetables, carrots, turnips, and onions, cut small, may also be slightly fried. When this slight frying process has been gone through, lay the meat at the bottom of the stewpan, cover it with the vegetables, and have plenty of them ; add a little boiling water, and let the whole come to the boil, after which it must be allowed to simmer very gently till ready, and the whole cooking should be done in two hours and three quarters. The contents should be once or twice skimmed to take off the fat ; or, better still, cook the day before it is wanted, and take off the fat when it is cold, which saves opening up the pan and letting out the *virtue*. When wanted, heat till just on the boil. This dish is palatable, and can be seasoned to taste with pepper, salt, and ketchup.

*Dressed  
Sweetbreads.*

Cover the sweetbreads in the stewpan with strong white stock, and let them simmer gently for three quarters of an hour. Serve on a hot dish with a strong sauce poured over it made of melted butter (half a pint), a spoonful of shred parsley, a little lemon juice, and a sprinkling of salt with a grain of cayenne, or such other flavouring matter as may be preferred.

*Veal Sweat-  
breads with  
Mushrooms.*

This can be done up as a showy dish. Soak the sweetbreads in water till they firm, and then stew them with a few mushrooms till ready, and serve neatly in a dish, having previously thickened the sauce in which they were boiled with beat yolk of eggs ; trim the dish nicely with fried mushrooms. They may also be served in a border of green peas, nicely boiled. Sweetbreads may be stewed in many different ways ; they are excellent when done with carrot, turnip, and onion ; they can also be baked in a baking tin, rolled in breadcrumbs and well lubricated with butter. Serve with above sauce. They will bake in about forty minutes.



*Stewed Beef as a Ragout.* Two pounds weight of meat may be stewed for an hour in plain water without being cut down, or it may be cut in, say two or three pieces, after which add vegetables to taste, such as carrots, sliced onions, and cut turnips. When the meat becomes tender the gravy may be thickened, as also enriched, with a little butter mixed in flour; and, if thought suitable, a teaspoonful of ketchup will aid the flavour. Before serving, the meat may, if thought proper, be cut and nicely placed in a deep dish, well warmed, the gravy being poured over it, and the vegetables neatly arranged. Here is another way. The beef may be cut into two inch pieces, and browned with an ounce or two of butter and a sprinkling of flour, care being taken not to burn the mess. A sliced-down head of celery will be an excellent addition to the other ingredients. Proceed in the further stages as above directed. A dish of potatoes, nicely boiled, should be served with the beef. A well-cooked "savoy," or cabbage, or cauliflower, according to season, carefully drained of the water in which it has been boiled, will make an excellent addition to the dinner.

*Sweetbreads (Ragout).* Dip the sweetbreads in cold water, so as to cool them nicely. Part boil them for half-an-hour in soup stock, after which, when cool, cut them in nice little pieces of about an inch each; dry them, flour them, and fry them of a light brown. Add another half pint of stock to that in which the sweetbreads were first boiled, placing in it a few slices of carrot and onion, a little bit of bacon, a tablespoonful of mushroom catsup, a little salt, and a grain of cayenne. Add half a wine glassful of brown sauce, and simmer the whole for a quarter of an hour, putting the sweetbreads in for the last four minutes. Take them out and dish, straining the sauce over them. Boiled rice may be served on a separate dish. In whatever way sweetbreads are to be dressed they should be washed, first of all, in a dish of clean cold water, and allowed to remain in the water for an hour. In general, before being cooked in any particular mode, they should be part boiled and then cooled again in the stewpan.

*Veal or Fowl Pillau.* Make from a bit of veal partly roasted, cut into pieces of say, two inches or so each way. Season these to taste, and stew them in a little strong gravy or soup stock, and when nearly ready curry to taste by

mixing a spoonful of curry powder in a little of the liquor, and then restoring the contents to the pan. Simmer for a few minutes, and then serve meat and gravy smothered in well boiled rice. A cold fowl or a rabbit may be dressed in this manner for a change.

*Cold Veal in Jelly.* Place a few very thin slices of fat bacon in a stew-pan as well as some white stock, say two breakfast cupfuls, with onions, carrot, parsnip, and a bunch of sweet herbs to flavour, as also a slice of lemon peel and a little pepper and salt. On this, place, say a couple of pounds of lean veal, cut from the breast or fillet, in little bits of an inch each, and let simmer till done, which should be in about forty-five minutes. Arrange the pieces of veal neatly in a mould, and having very carefully strained the liquor in which it was boiled through a jelly bag, pour it over the pieces, and when cold turn out the shape. So that the veal may not all be at the bottom of the mould, pour in the liquor gradually, and put in the pieces of meat by degrees. A little careful handling will ensure this being neatly done.

*Chowder (American.)* Cut some slices of pork very thin, and fry them out dry in the dinner pot; then put in a layer of fish cut in slices on the pork, then a layer of onions, and then potatoes, all cut in exceedingly thin slices; then fish, onions, potatoes again, till your materials are all in, putting some salt and pepper on each layer of onions; split some hard biscuits, dip them in water, and put them round the sides and over the top; put in water enough to come up in sight; stew for over half an hour, till the potatoes are done; add half a pint of milk, or a teacup of sweet cream, five minutes before you take it up. As will be seen upon perusal, the above dish, which is a great favourite in all parts of America, is very like our Irish stew, and I need not say it may be varied to taste, or that it ought to be well seasoned. It will, however, take nearer an hour than half an hour to cook. I dislike stews which are not well done; they are most indigestible.

*Dish of Sheep's Brains.* To make a sizeable dish will require at least the brains of seven sheep. Get the brains taken out carefully, so that they may not be broken, place them in a large basin of hot water for an hour whilst you carefully remove the skin, then place them in a pan of boiling water,

in which a little salt has been dissolved, and to which a dash of vinegar has been added. When the brains have firmed take them out of the boiling water, and place them in a very cold bath. Next line the bottom of a stewpan with some slices of very thin-cut bacon, place upon these the brains, well dusted with pepper and salt, and a large onion, stuck over with three or four cloves, and a little parsley; cover the whole with diluted soup stock, and stew for half an hour. Serve hot with sippets of toast and with a piquante sauce. The flesh of the heads can be made into an excellent pie.

These are suitable for an *entrée*. Procure half a *Lambs' Hearts*. dozen clean, and stuff them with sausage meat.

Stew them tender in as much soup stock as will cover them, and serve hot, with a little of the liquor in which they have been boiled, thickened with flour, and flavoured to taste. They ought to stew in about thirty minutes.

Stew half a dozen or more sheep tails gently in *Mutton Tails*. some diluted soup stock, with a seasoning to taste composed of parsley, onions, bay leaf, and a bunch of sweet herbs. When the "queues de mutton" are about ready, remove them from the stewpan, and allow them to drip and become cool. Next stew about half a pound of rice in the same stock till tender and swelled, then bed out a portion of the rice on a dish; lay the tails upon it, cover them with remainder of rice, and bake for twenty or thirty minutes in an oven. The dish may be glazed with an egg. Be careful to drain off all the grease.

*Dressed Calf's* This may be sent to table in a most appetising form. The calf's head should be stewed very gently and with the skin on; when it is thoroughly tender score it artificially, and then with a feather rub over it the yolk of an egg, then powder well with finely minced herbs—as thyme, sage, and parsley, and pepper and salt, as also bread crumbs; finish by browning in a Dutch oven, and then garnish tastefully all round alternately with toast and small pieces of bacon, as also cakes made out of the brain. Whilst this dish is being dressed it ought to be kept on a hot plate or on another dish filled with boiling water.

*Veal Grenadins.* Cut off a dozen slices from the fillet in a neat or fanciful fashion, stew them till tender in a pan lined with fat bacon, stew at the same time a piece of the veal cut pretty much like a pyramid, when ready dish with the pyramid in the centre, the little pieces radiating from it. Boiled peas may be neatly filled in between the grenadins, and a row of small mushrooms may be placed round the centre piece.

*Calf's Brains.* Stew the brains with a little bit of butter and mix with bread crumbs, season to taste, fry a teacupful of parsley as nicely as possible, place it in the centre of the corner dish, and fill the brains in around it.

*Dressed Calf's Liver.* Cut as much of the liver as is desired into neat little shapes, as of hearts, diamonds, etc., dust them liberally with flour, and fry them till ready with a bit of butter, pepper, salt, cut mushrooms, and shred parsley. Don't spare the pepper. Place the pieces of liver on a dish, and pour over them the mushrooms, etc., made up with a little gravy, and stewed for two or three minutes. Let the whole be served hot.

*Scotch Collops.* This is simply a cut of beef steak done in a frying pan, with plenty of onions cut into slices. Dredge the pieces of steak well with flour, and fry them in hot dripping till ready. The onions will take a little longer time than the beef; let the onions be well done. Some fry the onions separately, and do the collops with a very little high flavoured gravy—flavoured say with walnut catsup, and well seasoned with pepper and salt.

*Savoury Macaroni.* Wash the macaroni, and put on the fire in salted water to stew till it softens, which will be in an hour, then pour off the water and replace it with soup stock or beef gravy. When quite tender, and after it has soaked up all the liquor, place the macaroni in a pudding dish; sprinkle over the layers, as it is placed in the dish, a liberal supply of grated cheese, and brown it in a Dutch oven before the fire. Macaroni may be prepared in various other ways. It can be stewed (after the preliminary softening in water) with butter, and then be powdered with grated cheese, as directed above.

*Pressed Pig's Cheek.* This is a nice, tasty, country luncheon dish. Procure a good healthy swine's head, which split through the middle, take out the brains, trim down or remove the ears entirely. Steep the two halves in clean water, which contains plenty of salt, for ten hours or so; then boil till the bones can be easily removed, chop up the meat while warm, seasoning to taste with salt, pepper and such other condiments as may be desired. Press the whole in a mould with a heavy weight. Slice and serve as required. It may be kept in a pickle made with the liquor in which it was boiled.

An excellent way of cooking some meats is to dress them as what are called "Curries"—that is, in other words, to stew them and flavour them with a composition which is known as "Curry powder," and which may be bought in small quantities from respectable druggists or grocers. Any kind of meat may be curried, but generally fowls and rabbits should be used for this purpose; both mutton and beef may, however, be curried with great success. Curry might appear oftener at the dinner tables of our mechanics than it does at present. It is an excellent winter dish. There is a great deal of nonsense, in my opinion, in some of the receipts which are given for curry, and the adding of cream and milk to the dish does not, *I think*, improve it.

*Calf's Head Curried.* Curry the flesh of a calf's head taken off in cutlets in the usual way, flavouring it with apples and mushrooms to taste. Pile up the boiled rice in the centre of the dish, and arrange the curry around it; in the rice make a well to contain the brains of the calf stewed with bread crumbs and mixed up with plenty of seasoning.

*Currying a Fowl.* I, first of all, place two or three ounces of butter, with a spoonful of flour, in a stewpan, to melt and brown over a slow fire. Whilst the butter is browning I throw in a couple of pretty sizeable onions, shred in minute fragments, as also a tablespoonful of chutney or apple sauce; then I place the fowl in the pan, skinned, and "jointed," and let the whole stew together for a little time, say a quarter of an hour, over a slow fire, so as to brown them nicely. I next add what is to form the gravy, which may be water, but if



it can be gravy of meat it is better, even if it be part of the liquid in which a bit of mutton has been boiled, with the fat all strained from it. The whole may be stewed gently till just about ready, say for an hour and a half; then lift out a few spoonfuls of the liquid, which place in a basin, and stir in one tablespoonful (less or more to taste) of curry powder, and another of flour, which add to the contents of the pan, and let the whole remain on the fire for six or seven minutes, when the process of cooking will be quite complete. A little salt should be used in the dish. It is usual to serve a curry with a supply of boiled rice, which may be either placed in a separate corner dish, or be placed round the fowl as garnish. Chutney can be dispensed with if not in the house—a chopped apple will do. Rabbits may be curried in similar fashion.

*Curried  
Mutton.*

Mutton makes an excellent curry. About two pounds make a sizeable dish, but more may be prepared if deemed requisite, as it can be warmed for use as required. Get leanish mutton, and shape into pieces, with a little bit of fat adhering. Prepare as follows: Cut down three or four large onions and fry in butter or *clean lard* in a shallow stewpan till nearly soft, then add the cut mutton, and fry for about twelve minutes, turning it well over; next add a teacupful of gravy from the stock pot, or of brown soup, and let the mess soften till just about ready; then take another teacupful of stock, into which stir carefully a tablespoonful of flour and another of curry powder, and add to the contents in the stewpan. Let the whole simmer about five or six minutes. A few drops of lemon juice and a pinch of cayenne is added by many as an improvement. Serve with boiled rice as a border to the dish *en casserole*, or as a rampart.

*How to Boil  
Rice.*

This grain is difficult to boil with such effect as that every grain will be quite soft and yet separate itself from its neighbour. My mother used to do it this way with great success. Allow six pints of boiling water and a little salt to the pound of rice. When it is beginning to become soft, pour off half of the water, and add cold water in proportion. Shake the mess well so as to separate the grains. When done, and sufficiently swelled, pour off the water, dish the rice, and set it before the fire to dry and swell. Carolina rice, I think, is best for curries.



One rabbit, cut into joints, curried along with a *Mixed Curry*, couple of pounds of mutton, cut into chops or other small pieces, forms an excellent dinner, along with a good supply of well-boiled rice or potatoes. The quantity of curry is, of course, a mere matter of taste ; it may be either less or more as desired ; and apples and chutney may be used or dispensed with at pleasure.

*Dressed Rabbits.* An excellent supper dish may be contrived as follows :—Purchase a fine young rabbit, as fat and plump as possible (or buy a pair if you require a large dish), and cut it up into a dozen neat pieces, which steep in warmish water for about three-quarters of an hour ; then take the pieces out of the water and place them in a stewpan, ready to go on the fire. Cut a large onion into thin pieces, which also place in the pan along with some seasoning, such as a little salt, a clove or two, a bay leaf, and a few sprigs of parsley. Cut about six ounces of well-mixed fat and lean bacon in small pieces, and put in along with the rabbits and the spices, then pour in as much cold water as will liberally cover the whole lot, which should be allowed to simmer for over half an hour, but take care not to let boil with violence. Skim off carefully all surface matter. After the half-hour has expired, take out the pieces of meat (rabbit and bacon), and strain the stock through a sieve into a small tureen. In a fresh stewpan put a couple of ounces of butter, mixed with half a teacupful of flour, well moistened with a little of the stock (which keep), and let the whole come to the boil, then add the rabbit and bacon, with a teacupful of very small onions (less or more according to taste), and simmer the lot until the onions are tender, being careful to skim off the fat as it rises ; stir in carefully a gill of cream and the yolks of two eggs, well mixed together, and after four or five minutes more on the fire, serve in a deep dish—the meat to be placed in the bottom, the liquid to be poured over it.

Here is another way of preparing rabbits for a *Stewed Rabbit*, tasty supper dish :—Proceed with the cuttings of rabbit and bacon as in the previous receipt. Fry the bacon in stewpan, with a little butter, till pretty brown, then add the rabbits, letting them also become brown ; turn them over and shake them up, dredge or beat in a spoonful or so of flour, then pour upon the whole a pint of hottish water, season

to taste with pepper, salt, etc. ; as they simmer, skim off the fat, add chopped or small onions if approved, also a few mushrooms, and a teacupful of brown gravy or soup from the *pot au feu*. Simmer till tender, but don't do the rabbits to rags. Serve in a deep dish along with liquor.

*Smothered Rabbits.* Truss one or two rabbits according to necessity, boil for a quarter of an hour, and then pour off the liquor. Then pour over them a supply of white onion sauce and stew *very slowly* till very tender. Wild rabbits are best for this dish. Those who dislike an onion flavour can use celery sauce, or flavour with asparagus, chutney, or other flavouring matter.

*Shapes of Rabbit Meat.* My mother, who had always plenty of rabbits at her command, used to make capital dishes in the following manner :—Boil a couple of rabbits till the meat is so perfectly tender that it comes readily away from the bones. Put the meat into a mortar and pound it up along with a bit of fresh butter and a teacupful of flour till it assumes the shape of a paste ; then gradually add a little of your white stock, or of the liquor in which the rabbits have been boiled, as also a little chopped parsley and any sweet herb that may be convenient, pepper and salt, and some grated crusts of bread ; beat the whole up with two or three eggs till all is nicely mixed and then cook in shapes or teacups that have first been well buttered and floured. You can either bake them in an oven or place them (the shapes) in a pan of boiling water on the fire ; they should be ready within an hour. Turn the meat out of the shapes and serve with a little white sauce. If pains be taken in the preparation of these dishes of rabbit they are excellent. Much depends, of course, on the way they are flavoured.

*Fillets of Rabbit, Fried.* Cut off in neat little pieces all the fleshy parts of the animal, dip them in beaten egg and then in flour—a double coat of each—then fry till nicely done, say about a quarter of an hour. Stew the carcase and liver of the rabbit for an hour in as much diluted soup stock as will serve for gravy to the fillets, strain this liquor and thicken it with flour and butter well rubbed down, season with pepper and salt and a little ketchup—pour over the fillets and serve hot. Some boil the liver, and then grate it into the liquor. A very good plan.

*Fricassee of Rabbit* is prepared much the same way as the preceding. Along with the carcase, however, stew a quantity of vegetables—say three small onions, three or four carrots, two turnips, and a couple of sticks of celery—fill in a pint of diluted stock, boil till the vegetables are in a pulp, then strain the liquor through a sieve, and, having seasoned it to taste, pour it over the pieces of rabbit, which may be done in a separate stewpan or not according to convenience. Good flavouring is a sprig of parsley, a little thyme, and a few blades of mace, a pinch of cayenne, and couple of spoonfuls of salt. This dish may be varied in a dozen different ways by an active cook. When a pair of rabbits are done in this style, the carcasses should of themselves afford a sufficient supply of stock liquor when well stewed.

## DAINTY DISHES OF EGGS.

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As all housewives are aware, eggs form a useful factor in daily cookery, thousands of the millions which we import or produce make their appearance on our breakfast tables whilst other thousands enter into the composition of the multifarious puddings, sauces, soups, and miscellaneous dishes which are in constant request. To have a few eggs at command should be the ambition of every housewife. "They can come in useful at any hour of the day." By means of such provision a hungry child can be pacified, or a meagre dinner be readily supplemented by the easily prepared pancake or light pudding. It is said there are clever people who can cook eggs in a hundred different modes ! I am not one of that talented band, but I can describe a dozen different ways of dressing them, the receipts for which may be found useful by housekeepers and others not so well versed in egg cookery, and incite to the finding out of new styles and combinations.

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*A Surprise of Eggs.* This excellent dish may be concocted as follows : Provide sixteen large eggs, which, after boiling hard, peel off the shells as carefully as you can, and when cold cut as much off the small end as will enable you to withdraw the yolks from each ; placing these yolks in a strong basin or mortar, beat them up with anchovy paste and walnut catsup, as well as a little piece of butter and other seasonings to taste, especially pepper and salt, and the squeeze of a lemon. See that the composition is nicely mixed, and then fill it carefully into the eggs in lieu of the yolk ; fasten on the tops with a little melted jelly ; next cut as much of the thick ends off the

eggs as will be sufficient to admit of their being placed upright on a flat dish, on which has been spread a fine clean napkin ; surround the eggs with a grove of parsley, or arrange them in an artificial nest. The above is an economic mode of making the dish, as it utilises the yolks ; but the insides may be filled with a mince of lean ham and fowl, boiled and nicely seasoned. The eggs may also be filled with mayonaise sauce and form part of a salad.

A very excellent *entrée* may be prepared from eggs  
*Savoury Eggs.* as follows :—Put into a porcelain-lined stewpan a teacupful of soup stock, a little diluted ; add a piece of butter, a little parsley, carefully shred and minced ; a few green onions sliced, and a dessert spoonful of flour. Skim well as it begins to simmer, add slices of hard-boiled eggs to taste, and season the whole with pepper and salt. Whilst the stew is simmering, beat up the yolk of one or two eggs in a gill of cream, and pour into the pan, stir well for a few minutes, then pour all upon sippets of toasted bread. When dished, squeeze a few drops from a lemon over it. Serve hot. This was a favourite *entrée* of M. Soyer.

*Eggs set in Cheese.* Melt some soft cheese, along with a little butter, on the dish in which they will come to table. When the cheese is well melted, drop some whole eggs into it, and put the dish in the oven till the eggs set ; then sprinkle them over with a mixture of grated cheese, pepper, and salt. Brown on the top and ornament with scraps of toast ; serve very hot. In a *menu* this dish might be called *Œufs au fromage*, and probably some of my readers who have travelled may have partaken of it in Holland and Belgium.

*Eggs with Mushrooms.* This is a sort of hotch-potch many persons are fond of. Procure half a teacupful of button mushrooms and a few slices of onion, which fry with a little butter till tender, then drain them ; previous to which prepare the eggs by having boiled them hard, after which cut them in slices, separating the whites and yolks, fry these in a little butter ; then make up a tastefully arranged dish of the whole, with seasoning to taste, garnishing neatly with sprigs of parsley or crisp leaves of lettuce when to be had ; the rings of white of egg may be used for giving effect.



Stew some slices of onions in a pint of soup stock, *Curried Eggs*, to which has been added a little browned butter, till they are quite tender ; then take out a little of the liquor and mix in it a tablespoonful of curry ; add to the contents of the pan, as also a tablespoonful of flour. Next cut into slices half a dozen or more hard-boiled eggs, and place them in the stewpan. Let them remain a few minutes till thoroughly heated, and then dish neatly in a border of rice.

“Smash up” the yolks of seven hard boiled eggs *Puree of Eggs*, in a mortar or strong basin, with a bit of butter and seasoning to taste : pepper, salt, and parsley chopped fine ; add the yolks of three uncooked eggs, and strain through a colander into the centre of a dish. Take the whites of the hard-boiled ones and chop them into little bits, simmer in a stewpan with half a pint of gravy, stirring till it thickens ; pour this round the centre part, and garnish with strips of toast. The dish may be browned in a Dutch oven before the fire.

*Swiss Mountain Eggs.* Melt a bit of butter, say, two or three ounces, and stir into an equal weight of grated goat's-milk cheese ; add six eggs, yolks and whites well beaten up, and season with a few shreds of parsley, young onion, and pepper and salt. Cook lightly over a rapid fire in a frying-pan, and serve hot. When I was abroad this used to be called “a Swiss pancake.” Some add a little flour and milk to the composition.

*Scottish Dish of Eggs.* Boil half a dozen hard ; take off the shells and then dip them in a composition of beat egg and grated ham, anchovy, bread crumbs, and pepper and salt ; fry till they are of a light brown colour. This is a good supper or luncheon dish.

*Baked Eggs with Asparagus.* Cut twenty heads into small pieces, keeping only the tender parts ; boil for twenty minutes, season with a little pepper, salt, and sugar. When done, place them in the dish you intend to serve them in, break six eggs over, which season as above. Put into the oven until the eggs set, and serve as hot as possible. If the oven is not sufficiently hot, hold a salamander over the eggs for a few seconds.

*Eggs with  
Cheese.*

Put into a stewpan about two ounces of Parmesan, or Gruyère, or old Cheshire, with one ounce of butter, two sprigs of parsley, two spring onions chopped, a little grated nutmeg, and half a glass of sherry. Put on the fire, and keep stirring until the cheese is melted. Break six eggs in a basin, put them in the stewpan, stir, and cook on a slow fire. When done, serve with fried sippets of bread round them.

*Eggs in Cases.* Cut up a sheet of paper into pieces of three inches square, turn up half an inch all round so as to form a kind of square case, there will then remain but two inches square in the inside. Take a small piece of butter, a pinch of fine bread crumbs, a little finely chopped parsley, spring onions, salt, and pepper, add them together and put a little into each case, then break one egg into each, put them on a gridiron over a slow fire, and do them gently, or place them in a dish in an oven; when well set serve. Small round paper cases may be procured cheap at any stationers.

[The three preceding receipts are by M. Soyer, and are thoroughly practical, as I have tested them more than once. I have probably said enough now about the cookery of eggs, as when more than ten or twelve receipts are given they begin to lack variety, but the following will show the reader how greatly egg cookery may be varied, even if the cook should harp chiefly on one string.]

*Eggs and  
Bacon.*

Here is a good way of preparing eggs and bacon. Boil hard and peel as many eggs as will be required (the number is a mere matter of calculation); then cut each egg in two, take out the yolks and pound them with a little roast fowl meat, or boiled veal, as also a sprig or two of parsley well-chopped, some bread crumbs and catsup, adding a teaspoonful of anchovy paste and a small bit of butter; fill this composition into the whites, paint these with raw yolk, and place them in a Dutch oven to brown, serve on rashers of bacon, or eat the eggs with a sauce of melted butter flavoured to taste.

*Egg and Ham  
Patties.*

Cut out round pieces of bread from a good thick slice of a stale quartern loaf: let these be at least two inches in diameter and two inches thick, cut out the crumb, leaving a well for the composition; in the mean-

time, fry these cases a light brown colour, then fill them with lean boiled ham, cut into small pieces and seasoned to taste with cayenne pepper and lemon juice, lay a poached egg upon each and serve. This is a capital supper dish, and may even be introduced as a dinner *entrée*.

*Eggs a la  
Tripe.*

Stew a few slices of large onions in butter, flour, and milk, seasoned with pepper and salt, for at least half an hour. Then take the eggs hard boiled and cut out the yolks neatly, make rings of the whites and mix with the sliced onions, lay the yolks whole on the top.

*Savoury  
Omelet.*

This dish can be "confectioned," as the French people say, in a great number of ways. The rudimentary omelet is made as follows:—Break half a dozen eggs into a pretty large basin, beat them up deftly with a fork, having put in pepper and salt to taste. Cook them in a shallow broad pan in which has first been melted a bit of butter, about two ounces will be enough. When the butter is all melted pour in the eggs, stirring the composition quickly with the fork. Keep stirring and tossing (clever tossing is an art that must be learned). When nicely browned (four minutes will suffice), dish, and fold into a shape according to fancy. The above may be accepted as a foundation; a savoury omelet is made by adding a little chopped parsley as you beat the eggs; if a stronger flavour is desired, chop up a few small onions or a blanched shallot. A little grated cheese can also be used in making a savoury omelet; so can many other things, as ham, kidney, asparagus, etc. Be careful in breaking eggs, in case any of them are bad; the best way is to break each egg separately into a tea-cup. One bad one would flavour all the others.

*Egg Pie.*

Beat up in a mortar or wooden bowl a dozen hard boiled eggs, with a pound of good beef suet and a pound of currants; to moisten, use a wine-glassful of cream, and season with a little cinnamon and a pinch of salt. Fill the composition into a small pie-dish, and cover neatly with puff paste. It should be ready in three quarters of an hour.

Break each egg into a tea-cup in order to see if it is fresh, then slide it deftly into a pan of boiling water. It should be ready in two minutes.

*Drappit Eggs.*

Boil a few eggs till they are quite hard, say a *Eggs in Gravy*. quarter of an hour. While they are boiling, fry, but not till you have done brown one or two Spanish onions sliced, in butter and milk thickened with a little flour, as also a sprinkling of chopped parsley. Season with pepper and salt. Lay the onions on a hot dish. Cut the eggs into quarters, and arrange nicely on the onions. Pour over the gravy, and serve.

Boil half a dozen eggs till quite hard, and cut each *Deville'd Eggs*. of them in two. Pick out the yolk neatly, and beat them up with a little anchovy sauce, a snuff of cayenne, and pepper and salt. Fill up the white bowls of egg with it, and serve neatly on toast,—covering the dish with a napkin.

Drop them into a stewpan where a little butter *Rumil't Eggs*. has already been melted. Season with pepper and salt. Let the eggs begin to set, and then stirr all “through-ither.” Serve spread on quarter slices of hot buttered toast, or on a layer of spinach.

Make a sauce with two or three ounces of butter, *Eggs and Sauce*. chopped parsley and onion, a little flour, and a glass of sherry. Mix it well, letting it simmer for ten minutes. Place a few poached eggs on hot buttered toast, pour the sauce over them and send to table.

*Plovers' Eggs* Are much esteemed. They are usually boiled hard, and eaten cold with bechamel sauce.

## DAINTIES IN CHEESE.

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CHEESE being now served at all good dinners as a "composition," I offer a few hints for its preparation.

*A Souffle.* First of all take four tablespoonfuls of flour and stir it into a breakfastcupful of new milk and cream; boil gently in a stewpan, adding a few slices of fresh butter, keep stirring all the time; when it has become thick take off the stewpan. Secondly, prepare three large eggs by beating up the yolks and whites in separate basins, then put them together, along with four tablespoonfuls of grated Parmesan cheese. Take great care in mixing, and see that the eggs are well beaten up, so as to ensure the lightness of the composition. After the mixing has been well accomplished, pour into a dish which has been carefully oiled or buttered, and bake in a brisk oven for twenty minutes, or even half an hour.

*Cheese in Straws.* Mix flour, butter, and cream, along with two tablespoonfuls of grated Parmesan cheese, into a stiff paste, having previously added a little pepper and salt; roll out and cut into straws. Bake till they are nice and brown, and serve hot on a dish covered with a clean napkin.

Are prepared as follows:—Take the whites of two *Cheese Fritters* or three eggs and whisk them till they are light, then mix in grated cheese till the composition is pasty, seasoning to taste with pepper and salt; cut into pieces and roll into fantastic shapes; cook in a pan of boiling lard for a few minutes till they are lightly browned; keep moving them all the time. When ready, drain off the fat, and dish neatly on a napkin.

These compositions can, of course, be filled into paper cases *ramakins*, *fondus*, etc.), to be served as *patés*. Great care is required in the manipulation of the materials in order to ensure success, which may not attend the first efforts of the cook; but practice will in the end overcome all difficulties.



These are fashioned in a variety of ways. All kinds of cheese may be used. A good way is to mix two kinds; take soft Dunlop two parts, and a part of ewe or some other strong-tasted cheese, and beat them together into a stiffish batter with the yolks of half a dozen eggs and some soft bread. Put in a dish of pepper into the composition, as also a little mace. Fill the paste into shapes made of stiff paper, and fire in a Dutch oven. Serve these cheese shapes as hot as possible.—Here is another way of making ramakins: Make a delicate puff paste, roll it out, then cut into little pieces, and sprinkle liberally with grated Parmesan or other cheese, then fold into all sorts of shapes, every fold being well sprinkled with the cheese.

This is a dish which can be concocted from any common kind of cheese. Take as much as may be required, and cut into little pieces and thin slices; set up the pieces all round a shallow pie dish, fill into the bottom of the dish some well-buttered toast in slices, over these place the thin slabs of cheese, drop neatly half a dozen raw eggs on the top of the contents, then sprinkle the whole to the thickness of a quarter of an inch with a mixture of grated crusts of bread (from the toast), grated cheese, and seasoning of pepper and salt. The eggs used should be lightly poached. Bake the omelete in an oven for about a quarter of an hour. The same composition may be served as a *cheese pudding*. Alternate the layers of toast and the layers of cheese, each to be nicely seasoned, and lay in the inside of a well-buttered basin; bake in the oven, and then turn out and serve hot. Another way is to grate the cheese and mix it with a little cream and beat eggs, spread thickly on the buttered toast, seasoning with nutmeg, pepper, salt, etc., to taste.

*Welsh Rabbit* This tasty but rather heavy supper dish is very easily arranged. It commonly consists of a slice of toasted bread, laid on a very hot plate, and run over with melted cheese. Season to taste with mustard and ketchup. The Welsh rarebit can, of course, be varied. Some butter the toast, and also pour a little warm porter over the melted cheese as soon as it runs over the bread. Melt the cheese till it is quite liquid. Some serve the melted cheese in a saucetureen and keep it hot as long as it is on the table, by letting the saucetureen stand in a dish containing boiling water.

## PALATABLE PIES.

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IN pie making great care should be observed in baking the paste, and particular pains should be taken to *ventilate* the pie very thoroughly, which adds to its wholesomeness. There is this advantage in pies, they can be made out of pieces of meat that could not readily, perhaps, be turned to better account: in fact, a pie may be concocted out of anything; and there is another advantage attendant on a savoury and well-seasoned pie, it is better cold than hot! A pie should have no bones in it, and it has the further advantage of being easily carved. The best way to ventilate is through the ornament at the top, which ought to be all perforations. A little practice in pie making is better than a hundred pages of directions, however plainly they may be given.

Let the beef be tender, the rump bit is as good as *Beefsteak Pie*. any other. Cut three and a half pounds into nice steaks, roll them or beat them out till they are flat and thin, dust them well with a mixture of salt and pepper, roll them up and lay them neatly in the pie dish—a little morsel of fat on each piece is an improvement. If you have it fill in a teacupful of beef gravy and another of water; season to taste—that is, with a few chips of onions, a little catsup and a score of small oysters. Lay a strip of paste round the flat of the dish, and then cover as elsewhere instructed. An hour and forty minutes in a moderate oven should be sufficient time to ready this pie. As a rule, pies are overdone, but the “judgment of time,” is essential, and is only acquired by careful watching and experience; each piece of the meat should not be more than three inches by two and a half, and the seasoning ought to be studied. If a few kidneys are added to the pie, then it will take twenty minutes longer—the best way, however, is to parboil the kidneys, so that they may be done at the same time as the beef.

*Hare and Ham Pie.* Cut off the fleshy parts of a hare, and lay them in a pie dish well lined with well mixed ham. Season with black pepper and salt, and just a dash of cayenne. Place in the dish a few balls made of butter and flour and the yolks of a dozen hard boiled eggs; fill in with rich brown soup or strong gravy. Cover and fire for about two hours. Eat cold.

*Veal and Ham Pie.* For use when cold, may be made in the same way as above, using pieces of lean veal, well seasoned. Put in yolks of hard boiled eggs, and fill up with strong white stock. Cover with puff or other paste. Fire for two and a half hours.

*Chicken Pie.* Skin them and cut them into nice joints (you cannot help the bones in this case), sprinkle with white pepper, salt, and a little mace. Having lined your pie dish with veal chops and small slices of ham, lay in your chicken pieces, filling up with forcemeat balls and the yolks of hard eggs. Chop up some of the hard whites with a very little parsley, and sprinkle over the meat. Fill up with strong veal broth well-seasoned. Cover with puff paste, nicely designed and carefully ventilated. Bake for an hour and twenty minutes. Cover the paste with paper in case it should scorch. This pie will be delightful when cold. Some cooks bone the chickens, which, when the pie is to be eaten cold, is of advantage.

*Pigeon Pie.* Clean the birds with care, and dust the inside of each with a mixture of pepper, salt, and flour; fill the pigeons with the parboiled livers, chopped up with parsley and butter. Line the pie dish with beef gobbets, and then lay in the birds. Dust them over with a little white pepper, salt, and flour, half of flour and quarter each of pepper and salt (if to taste). Put in also the yolks, hard boiled, of half a dozen eggs. Cover the whole with a few very thin slices of ham, then put on the crust, and bake for about an hour, if the pie is not very large.

*Giblet Pie.* Obtain a shilling's worth of giblets, wash them, and then stew the lot in diluted soup stock till they are tolerably tender, when they should be taken from the pot and be left to cool. When cold, cut them

in pieces. Line the pie-dish with a few cuts of lean beef and a thin slice or two of ham, place in the giblets and strew them with finely cut onions, fill up with a portion of the liquor in which the giblets were boiled, and cover with a well-baked paste of mixed flour and boiled potatoes, or, if liked, with potatoes only mashed with new milk. Season to taste with pepper and salt; bake for an hour or so in a slowish oven. A hard boiled egg or two, cut in bits, may be added to the contents. When there is no soup stock on hand, use water thickened with a very little flour, and a morsel of butter if liked, or a stock may be made by stewing a small portion of the pie meat.

Get the poulterer to take the bones out of a fine *Christmas Pie*. large goose, dredge the inside of the animal with a good strong seasoning. Do a small fat fowl (boned) in the same way, stuffing it well with a stuffing of minced ham and veal and a couple of hard boiled eggs chopped. Stew both in well-seasoned soup stock for a good half hour, then remove from the pan and insert the fowl into the inside of the goose as neatly as possible. Place the goose in a large pie-dish on a layer of steak and oysters, surrounded with a dozen or two of forcemeat balls and a tongue (parboiled) cut in slices; fill up with mashed potatoes well done with butter, place a good paste over all, and bake till ready—it will take well on for three hours. A little soup stock may be poured over the goose. This is a pie of pies when well made, and suitable for a large holiday dinner party.

After skinning and emptying the animal, joint it, *Hare Pie.* and cut off all the fleshy parts. Boil the rest of it down for a liquor to put in the pie; in doing so, put in a carrot, a few onions, and a bunch of seasoning herbs; strain it after boiling for an hour, and pour over the pieces of hare as laid in the pie dish on a bed of sliced ham. Cover with a crust and bake for an hour and fifty minutes. When carefully seasoned this is a tasty enough dish.

*East Neuk of Fife Pie.* Cut down two or three rabbits into nice joints, use the carcasses to make a gravy, and the livers boiled to make a forcemeat with chopped parsley, anchovy pepper, salt, and a little butter. Line the pie dish with a few thin slices of well-mixed ham, lay in the rabbit joints

dusted with pepper and salt, pour over them the gravy, which, if desired, may be strengthened with a little white stock. Boil half a dozen of eggs hard, quarter them, and add to the contents. Cover with pie crust and bake.

This is an old provincial Scottish dish, and should have a ring and a silver coin in it "for fun." It is made with finely chopped meat from the well-boiled foot of a calf, half a pound of suet minced, two apples pared and minced, a quarter of a pound of currants, and a quarter of a pound of raisins stoned and minced. Flavour with cinnamon, nutmeg, and mace, half an ounce each of candied citron and lemon peel, as also with a glass of sherry wine, and a "nip" of brandy. As will be seen, this is a "mince pie on a large scale," therefore mix all the stuff well together, and having lined a tin dish with a slip bottom, and moveable sides, with puff paste, and having covered with the same in a highly ornamental way, place the pie in the oven. It will do in about twenty-five minutes or less; when ready, draw the bottom, and remove the sides, and send to table on a hot dish covered with a clean napkin.

In preparing a "crow pie" the birds are not plucked, they are skinned, and only the breasts of the rooks are used. As the rooks are skinned, lay the pieces in salt water for a little time; line the pie-dish with well-mixed ham, cut in very thin slices; place in the bottom a pound of good rump-steak, having a little fat upon it; then lay on the rook breasts, well sprinkled with a mixture of pepper, salt, and flour; pour over the whole a breakfast-cupful of stock, and cover with paste. The pie will take fully two hours and a half to make ready. Some cooks stew the rooks and steak for half an hour in the stock before placing them in the dish.



## DAINTY PLATS OF GAME AND POULTRY.

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“GAME” is sold at a “fancy” price. It is fashionable, and therefore certain persons *must* have it on their table cost what it may. So far as I have investigated, the food power of grouse and other game birds is not great, and in many families it would be better to provide a good gigot of mutton or buy a couple of fat barn-door fowls than expend from 6s. to 10s. on a brace of grouse, or in the purchase of pheasants when these beautiful birds are in season. I may state, before giving the following receipts, that the chief object of all game cookery should be to preserve the *gamey* flavour, and, in my opinion, it is not necessary to keep birds till they are—I speak plainly—“stinking” to ensure that. Some men like their game “very high,” but there is a difference between a grouse being *high* and its being a mass of putridity. I only keep grouse myself for a matter of five days or so, which serves to let off some of the earthy flavour, and to intensify the bitter of the backbone, which is *par excellence* the “tid-bit” of the bird, as all epicures well know.

*Venison.* This is a fashionable dish at important dinner parties. It requires great care in the roasting. Some persons keep venison so long that other persons won't eat it. In cooking it, the great thing is to take care of the fat; and to protect that, it must be covered over with a paste made of flour and water, and about half an inch thick. In addition to protecting the fat places, cover over the haunch with sheets of well-buttered paper, fastening them on with small skewers. As to time, a large haunch weighing two-

and-twenty pounds will require to remain at the fire for at least five hours and a half; a smaller haunch of from sixteen to twenty pounds will be done in an hour less. About twenty minutes before the venison is ready, remove the paper and paste, dredge the haunch with flour, and froth up nicely till it is beautifully brown; ornament the knuckle with cut paper, and serve hot, with plenty of red currant jelly.

This bird, as a rule, is roasted. Draw it and truss it, with the head brought under the wing. Before a sharp, clear fire, a grouse should do in twenty-five minutes, but the cook should, in this, study the taste of her master; some do not like their birds over-done. Baste well and serve on toast, either buttered or soaked in the dripping. Potatoes, cut very thin and fried in lard till they are of a delicate brown colour, ought to be sent to the table with the bird, as also a dish of bread sauce. Serve hot. A grouse is best roasted, and I prefer to see it well done, and not *bloody* as some do.

*Snipe, Wood-cock, etc.* Keep these birds till they appear to be about "going," at least that is the way most epicures prefer them. Do not draw them, as the trail is considered a *bonne bouche*. Use plenty of butter to baste with, and lay slices of buttered toast in the dripping pan to catch the intestinal matter as it falls from the bird. A snipe or woodcock should roast in about twenty minutes. Dish on the toasts with some kind of hot gravy, and serve very, very hot. A good accompaniment is fried bread crumbs (dry), and thin slices of lemon.

Draw these before roasting them, and they ought not to be long in being used after being killed, as they are apt to lose flavour. Make a stuffing of liver and bread crumbs, with a little parsley and butter, and dust the inside as well as you can with a good seasoning of cayenne and salt. They will do in about twenty-five minutes, and may be served with slices of buttered toast. Dust them well with flour, and baste industriously while roasting.

I prefer a partridge cooked in the stewpan. *Partridges.* Savoury partridge is a famous French *entrée*, they call it *Perdrix aux choux*, as it is a dish made with cabbage. I obtained the following receipt from a hotel-

keeper in Edinburgh :—First of all, prepare a brace of partridges, by dividing each into four pieces, which place in a stewpan along with a little good dripping, as also some slices of fresh pork, a couple of onions, and a clove or two to taste, set on the fire, and shake up occasionally till the birds begin to turn brown, when a breakfast cupful of good white stock may be added, likewise two or three small carrots and a few sausages. You will have cleaned and prepared a nice savoy, cut into quarters and dusted with a mixture of pepper and salt, place with the rest, and shutting them up close let the whole simmer, shaking the pan occasionally, till thoroughly ready, for an hour and twenty minutes or so. Take out the cabbage and make a bed of it in the dish on which to set the birds, which must have placed round them the slices of pork and the sausages. Pour over all the gravy (strained) in which they have been stewed. This is an excellent and most appetising dish, with a fine bouquet, and the cook should take great pains in preparing and serving it. If preferred, the birds may be stewed whole, and variety of all kinds as regards seasoning may be indulged.

*Salmi of Game Birds.* Salmi simply means a highly spiced preparation of some bird, as grouse or partridge. Grouse and partridge, as also pheasant, make a capital salmi.

*Salmi of Partridge.* Cut up the cold partridges, and stew them for a few minutes in a liquor composed of claret, a few spoonfuls of oil, and a little white stock. Add the juice of a lemon, and season with salt and cayenne to taste. Serve hot, dished in a tasty way, and not in a puddle.

*Salmi of Pheasant.* Take the remains of a pheasant of which little has been used, and cut off all the best pieces of it in neat fashion, and place in a stewpan ready to go on the fire ; then break up the carcase of the bird and all the unrepresentable parts and stew them, bones and all, along with a few slices of onion, a little parsley, and a few pepper corns, as also a glass of wine. After a minute or two add a pint and a half of white soup, and let the whole boil down to half or so, then strain the liquor into the stewpan in which you placed the pieces of the bird, and place it on the fire for a few minutes without allowing it to boil. Lay the bits of pheasant neatly on a dish, and pour over them the hot liquor ; place sippets of

toasted bread around it, and serve very hot. That is a salmi, and other birds may be done in the same fashion.

*Mayonnaise of Partridge.* The cold partridges may be used. Cut off the flesh, and stew slightly with shalots and tarragon and some aspic jelly, as well as other seasoning to taste. Dish tastefully, arranging the pieces neatly; pour over them the mayonnaise mixture, for which a receipt has already been given, and garnish neatly with little bits of aspic and some green stuff.

*A "Scotch Woodcock,"* may be made as follows:—Toast and liberally butter a few slices of bread on both sides, between which sprinkle the flesh of nine or ten anchovies, well washed and chopped down into crumbs, over that pour a sauce of cream and yolks of eggs well beaten and nearly boiling, and serve the whole as hot as possible; say four eggs and *two gills of cream.*

*Civet of Hare.* Cut off the fleshy parts of the animal, and in doing so be careful to save all the blood. Stew these pieces in a pan in a little gravy mixed with two glasses of claret. Season with a few young onions and mushrooms, salt, pepper, etc., to taste. Next place in the pan the liver of the hare cut up into very small pieces, and stir in carefully all the blood that was saved. Boil gently for a few minutes longer. Pick out the pieces of hare and lay neatly on a dish, over which strain the gravy. The seasoning may be weaker or stronger as desired, and a small bundle of sweet herbs may be boiled in the liquor, as well as a few pieces of well mixed ham.

My way is to cut the hare into small joints; I then *Jugged Hare.* powder these with a mixture of pepper, salt, flour and chopped onions (the latter must be very small). I then place the pieces in an earthenware can, along with a few slices of well mixed bacon, a faggot of herbs, the scraping of a lemon skin, and a little port wine and water, with a clove of garlic and a few cut onions if liked. As a matter of fact, everybody must just season to taste. Set the jar containing the lot, the mouth well tied up so as to prevent the escape of any of the steam, up to the top in a pan of boiling water, and let it remain simmering for about three hours. Skim the gravy care-

fully, dish the pieces of hare neatly in a pie dish, and pour the gravy, which may, or may not be thickened, over them. Serve hot. The cooking of this dish, as regards the *etceteras*, may be varied to taste, by putting in a few slices of beef instead of the bacon, and the flavouring may be heightened if desired, with black pepper. Some persons peel and place in the jug, a little before the stew is ready, a few potatoes. I never do so, as many persons prefer to deal with the potatoes for themselves.

In stewing hare, a good gravy, or stewing liquor, *Stewed Hare.* may be made of the offal, such as the head, liver, heart, etc. Put them on to simmer with a couple of carrots, a bunch of sweet herbs, and a few slices of bacon. When ready, place the joints of hare in a stewpan, pour the liquor over them, and stew till ready. Dish as before.

*Cold Game Pie.* A cold game pie is usually composed of a mixture of game of many kinds well-seasoned, and having poured over it plenty of savoury jelly. It is an economical way of sending to table game that has already been cooked; pack it nicely in the raised paste case, season well with a very little cayenne and black pepper and salt; see that there is plenty of jelly, and the dish will be a success for luncheon, dinner, or supper.

*Grouse Pie.* Cut six very small grouse or four large ones into halves, keeping out the backbones to make the gravy; lay them on a rump steak cut into about five pieces, and placed in the bottom of the pie dish; season highly with black pepper, salt, and a snuff of cayenne, then pour in a teacupful of soup stock. Cover the pie with puff paste, and bake for an hour at least. Stew the backbones of the birds with an onion, a bunch of herbs, and a little sherry while the pie is being baked; when it is ready strain the gravy into it—serve hot. The top ornament of the pie may be made as a movable stopper which will admit of the gravy being added.

This pie should as much as possible contrast *Partridge Pie.* with that made from grouse, therefore line the pie dish with veal cutlets and a little fat ham. Prepare three or four small partridges by cleaning them and cutting them in half, season nicely to taste with pepper and salt, throw



in a few small mushrooms, and dust the whole with flour, then pour over all a breakfast cupful of white stock. Cover with paste—puff or pie crust—and bake for an hour. Serve hot. The birds may be placed in the pie whole, if preferred, putting inside of each a bolus of seasoning, made of butter, flour, parsley, salt and pepper. Glaze the pie with eggs if it be covered with puff paste.

A venison pie is made out of the bits that will not *Venison Pasty*. roast, as the neck, breast, etc. Shape the flesh into small pieces or chops as neatly as possible, cutting off all unsightly fringes, build the whole neatly in the dish, pouring over the contents such gravy as you have been able to stew from odds and ends of bits unsuitable for the pie. Season rather high with the usual condiments, as also a little pounded mace and allspice, and if not objected to, a few very small whole onions or a large one cut in fine pieces. Some pour over the whole three claret glassfuls of red wine, port, or Burgundy. Cover the pie with a well-made crust and bake for a little over an hour and a-half. A stand-up case may be used if preferred. The best plan is to stew the onion and the allspice in the gravy. The paste may be ornamented, but take care to ventilate as usual.

Is a seasonable dish. Stuff the animal, after it is *Roast Hare* drawn and wiped clean, with veal stuffing and its own liver chopped small, and then sew it up with a needle and thread. Do not dredge the hare, but baste it first of all with a little porter or, as some prefer, milk. I prefer myself that the animal should be larded all over with thin stripes of fat ham, and basted with the dripping, with the addition of a little clean suet.

*General  
Observations  
on Game  
Cookery.*

A large expenditure of butter is necessary in cooking game; a brace of grouse will require at least three quarters of a pound of fresh butter. Do not begin the grouse by placing them too near the fire at first; heat them for three minutes or so at a distance, then place them nearer the grate and baste continually till ready. When grouse are required the day they are killed it is not a bad plan to bury them in the garden for five or six hours. Say you get a brace before breakfast, bury them in the earth tied in a thin cloth till an hour before they are required, which will ripen them for the spit. Snipe and woodcock should be done with buttered paper over them.

## POULTRY.

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FOWLS are now rather expensive, like all other kinds of food. I do not wish to say of anything that it is dear in the sense of not affording value for the money paid for it—expensive better expresses my meaning. I can remember not very many years ago when an excellent large fowl could be bought for a shilling; such fowls cannot now be obtained under three times that sum. The carriers in East Lothian used forty years ago to collect poultry to carry to the Edinburgh market, levying a profit on it of about twopence a head, and many a fine pair of living chickens have I seen my mother purchase for 1s 4d or 1s 6d. These she used to feed for a few weeks before killing, till they became fat, fleshy, tender, and succulent. There is almost no kind of *meat* which is so good for *food* as the flesh of a *fowl*. It is much used in sick-room cookery, and, as a rule, is more easily digested than any other meat. In short, it is an agreeable and nutritious article of diet, especially good for people who live a sedentary life.

In the winter time poultry will keep with advantage for a week without deteriorating; in the hot days of summer it should not be kept long. “Kill it the one day and eat it the next day” is about the best rule.

Fowls should be very carefully prepared for cooking; plucking should, if possible, be finished at one sitting; see that they are smartly killed, and begin at once. The struggles, which last a little time after their necks have been broken, are merely convulsive, and not fraught with pain. Pick out the pin feathers, and singe off the hair with a quick blaze of thin white paper; take out the gall bag very carefully—*see that it does not break*; if it does, your fowl is spoiled, as no washing will take away the bitter flavour which is imparted. Some people wash thoroughly,

passing a stream of cold water through the animal. I do not myself care for that sort of washing; a good wipe out with a dry coarse towel is what I prefer to give all fowls.

*Barn-Door  
Fowls.*

These may be either roasted or boiled in the very same way as a turkey. It is a question of time. A chicken will boil in about twenty-five minutes. A fowl will require a quarter of an hour longer. A capon takes about half an hour off and on. There is no rule but common sense for guidance. *Do not boil your poultry to rags!* Roasted fowls must be allowed longer to cook than boiled ones. A moderate sized one will take an hour, which will be a guide for those of other sizes. I like to plump out my fowls with good stuffing, made from the livers chopped up with bread crumbs and lean ham, as also a little fine suet, well seasoned with pepper and salt. If you don't use the liver for stuffing put it under one wing, and the gizzard under the other. Season both with a little salt and a snuff of cayenne, and butter them well. See that they do not scorch, and also that your fowl is nicely and evenly browned all over—this is one of the tests of a good roasting cook; it is accomplished by means of attention to duty.

*Broiled  
Chicken.*

Prepare in the same way as for boiling, cut them in two through the back, and flatten them; place on a cold gridiron over a nice red fire. After a little time, when they have become thoroughly hot, set them on a plate or other dish, and lard them well with a piece of butter; pepper and salt them to taste, chiefly on the inside, then place them on the brander and continue turning till done—they will take fully twenty minutes. Serve hot, with a little dab of butter and plenty of stewed mushrooms—a delightful dish.

*Braised Tur-  
key (Dinde en  
daub.)*

Of braising in general, it may be said that it is just a more particular way of stewing. Have a deepish glazed pot with a very close-fitting lid. Prepare the turkey as for boiling, and lay it in the pot on a fleshy bed formed of slices of good ham, with slices of onion, carrot, and turnip, and abundance of seasoning; cover with ditto, as also plenty of seasoning, salt, peppercorns, mace, and then bay leaves. Fix on the lid of the pot, so that it will fit tight, for on the keeping in of the steam, or *virtue*, as I call it, greatly depends the flavour of the dish. Do on a very slow

fire, in which *bury* the pot! Glaze the turkey, and garnish neatly. Serve hot.

*American Chicken.* Cut in joints as if for a *fricassee*. Season well with pepper and salt. Line a pudding dish with slices of ham, and sprinkle with nicely chopped onions; lay in the birds, then pour over the whole a pint of white soup or veal gravy. Fill up the dish with rice, well packed in, and as high as possible. Make a paste of flour and water only, with a little salt, however, and cover the dish carefully. Don't forget to ventilate. Bake an hour and five minutes in a slow oven.

*Ducklings Stewed with Turnips.* Have the fowl trussed, with the legs inside; put in a stewpan which has been bottomed with a little nicely streaked bacon, or place in it two ounces of butter. By-and-bye, when the duckling is becoming brown, add a teaspoonful, or a little more, of flour, well mixed in a quart of weak stock. Let it simmer till it is about ready. Add, having previously fried them in clean lard, about a pint measure of cut turnips, drained, of course, before being added. Season the whole as thought best with pepper, salt, a clove or two, a teaspoonful of sugar, and a bay leaf. Make a bed of the turnips, lay the duckling upon it, strain over the gravy, and serve.

*Chicken Cutlets.* Joint the chickens, leaving out the breast-bone and the *carcass*, skin and trim the pieces neatly, and dust them well with a seasoning of flour, cayenne, salt, and white pepper (beware of the cayenne, and use it tenderly), then dip in melted butter and bread crumbs, and fry till tender with a little clean lard, turning them frequently till they are done. Meantime, boil up the bones, putting them on with cold water, and thickening the liquor with butter rolled in flour. Strain this liquor, and flavour with a squeeze of lemon. Dish the cutlets, and pour the gravy over them; decorate the dish with little bits of toasted bread; serve as hot as you can. Small mushrooms may be added to taste.

*Fricassee of Chicken.* Cut into joints, scald and skin, place in a stewpan, with two raw onions cut into eight parts, a little chopped parsley, salt and pepper, and the least squeeze of lemon juice. Add a bit of butter as large as an egg,



and fill in a pint of water. Stew for an hour under a very close lid, then lift and strain off the gravy, into which beat gradually a teacupful of cream and the yolks of two eggs; heat up the gravy, taking care that it does not boil, and pour it over the *fricassee*.

*Ragout of  
Poultry.*

Partially roast a fowl or chicken (a pheasant or partridge will do in the same way), then cut it up into joints, or do it whole, and stew it till tender, placing in the stewpan a large onion stuck with two or three cloves, some allspice, a little pepper and salt, and as much gravy stock as will cover the bird. Strain off the liquor, but keep the bird hot whilst you prepare the gravy with a little butter and flour, a squeeze of lemon juice, and a glass of claret, which pour over before serving. Garnish with toast; an hour and twenty minutes in all should be enough for cooking the dish.

*Stewed  
Pigeons.*

Treat them as if they were fowls for boiling. Stuff them with a bit of bread well buttered and sprinkled with pepper. Place the pigeons—two, three, or four, as thought necessary—well dusted all over with flour, in a closely-covered stew-pan to brown, with a little very fine suet or butter (only the latter commodity is very expensive), add a breakfast cupful of gravy or hot water, and let the whole simmer or stew on a slow fire till ready, which will be in about half an hour. Dish on toasted bread, and pour the gravy over the pigeons. A mushroom or two in the gravy is an improvement.

*Dressed  
Howtoredie.*

A Scottish dish of poultry. This is, in other words, a braised fowl. Select a nice plump young cock or hen, and having plucked and drawn it, stuff it with forcemeat, cook it in a very close, deep stew-pan with a tight-fitting lid; place in the pan a couple of large onions cut in very thin slices, and a dozen or more small pats of butter, a large cupful of stock, with fine herbs to taste, and such other seasoning as may be wished. The heart of a tender cabbage, cut in pieces, may be placed round the fowl. It will take at least an hour to cook. See that the lid is close. Serve on the bed of cabbage along with half-a-dozen “drappit eggs” (poached) and spinach if desired. Mushrooms and oysters may be used to enrich the dish if thought necessary. It is an excellent supper dish. Boil the liver giblets, etc., and then grate them so that they may be thrown into the pan, in order to thicken the liquor, which may be poured over the fowl when it is sent to table.



## DAINTY DISHES OF COLD MEAT.

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SOME mistresses make it a feature of their marketing to purchase everything in quantity, and where the kind of food bought will keep in its raw state till it is required for use I make no objection, but I do not think it a good plan to buy a larger roast of beef or mutton than can be used for one dinner. It is urged, I know, that to roast a *small* portion of beef or mutton is not economical, as there is more waste in proportion in a four-pound roast than in one which weighs eight pounds. With cold joints too, there is always a loss, no matter how they may be utilised—whether they be sliced down and eaten cold; I shall endeavour to show how cold meats of all kinds may be utilised when such have accumulated in the larder.

### *Cold Roast Beef.*

The following is one way of re-dressing part of a roast of beef:—Having cut off the flesh from the bones, either in large slices or in small portions, stew the bones with a sufficiency of water, say a little more than a pint, as also all the gristle and unpresentable pieces of the beef, taking care to season the liquor highly with pepper, salt, allspice, cut onions, and a little bit of celery or a faggot of parsley; skim as it simmers, thicken with a little flour browned in butter, and then strain it after it has boiled, say for an hour and a half. Boil it again, adding such additional seasonings as may be desired, such as a little pickle liquor, or a table-spoonful of walnut or mushroom catsup, with tarragon, capers, made mustard, etc. Place the meat in this liquor, to be warmed thoroughly through and through, but do not boil it; serve the whole neatly, placing sippets of toast round the dish on which it is sent to the table.

### *Sover's Olla Podrida.*

Cut off all the flesh from a left fowl or piece of roast beef, mutton, or veal, and chop it up, fat and all, with as much nicely crumbed bread as you like; moisten with two or three eggs, well beaten up, and a little piece of butter; season with a teaspoonful of chopped onions, a little pepper and salt, and mash into a paste. Divide the paste into pieces which can be flattened out in the shape of small cakes, or rounded off as balls about the size of a walnut; rub the

cakes over with beaten egg, dip them in bread-crumbs, and fry in clean lard for ten or fifteen minutes ; drain and serve hot with a nice garniture of parsley. This dish is palatable and not expensive. The various meats may be mixed together, and the whole made into a paste with a little soup stock. The cakes may be flavoured to taste with catsup, in addition to a snuff of grated nutmeg. Game or fish may be utilised in the same way.

Hashed beef may be simply prepared in the following fashion :—Cut the beef neatly into pieces of about two inches, say you have 2lbs., in which case add a teaspoonful of flour, another of chopped onion, a tablespoonful of salt and pepper mixed, place the whole in a saucepan with a breakfast cupful of water, stir till the mess comes to the boil, then put aside to simmer for ten or twelve minutes. Serve hot. Vary the flavouring with a little ketchup or a mushroom or two, and when you have it, add a teacupful of brown gravy.

Cut the meat into larger slices, and dust them well with a mixture of flour, salt, and pepper ; then fry a few slices of onion with a little bit of butter in a stewpan ; when the onions are nearly ready add the meat and let it warm thoroughly, shaking it about a little during the process ; next pour over it a pint of hot water, boil for a few minutes, adding a couple or so of pickled walnuts cut in pieces and a little of the pickle. Serve hot when wanted. A few mushrooms are an improvement, and these may be used instead of the walnuts. In that case flavour with a little ketchup.

This is simply cold roast beef or mutton hashed. *Inky Pinky.* Do it as follows :—Slice down some boiled carrots, likewise the cold meat, adding a small onion or two, and pepper and salt to taste. Simmer all these in a gravy made from the bones and trimmings of the beef, thicken with a little flour, and serve with a border of nicely mashed potatoes. The carrots should be put on in advance of the beef, which only requires to be thoroughly heated. Season with catsup.

Cut the beef neatly in thin slices, which season by rubbing in a mixture of pepper, salt, and flour ; spread on each slice a paste of forcemeat, made from seasonings mixed with bread-crumbs and finely shred suet, roll up the slices, tie them, and then stew for a little time in a gravy made as above. When done remove the ties.

*Toad in the Hole.* A piece of underdone cold roast beef or mutton may be utilised as follows :—Make a nice batter with half a pound of flour, a pint of milk, a small piece of butter, and a couple of eggs ; pour the batter into a pie-dish that has been buttered, place the cold meat and a few thin slices of kidney, all of them well-seasoned, on the batter, and fire for one hour and ten minutes. Serve in pie-dish. A toad in the hole may be varied in many ways by the addition of a few minced herbs, mushrooms, chopped eggs, or even oysters. Many like a dozen or so of the latter, but I do not recommend them, they are so dear.

*Croquets.* Can be made of any kind of minced meat, and can be seasoned to taste, thus forming an *entrée*. Take, for instance, a bit of cold veal, mince it well, add pepper and salt to taste, and stew it for three or four minutes in white gravy, in which is soaked *at the same time* the crumbs of two French rolls ; beat the whole well up together as a dough, and when cold cut it into little pieces, brush it over with beat egg, then breadcrumb it, roll into a little shape, and fry for four minutes or thereabout. Any kind of meat or fish may be treated in this way—oysters, shrimps, lobsters, cold turbot, cold fowl, veal, mutton, etc.

Utilise cold roast lamb by serving it as hash.  
*Lamb Hash.* Dissect all that remains, cutting it into nice little bits, bones and all. Place in a stewpan, with a pint of cold water, a tablespoonful of salt, a little pepper, and some chopped onions ; rub a table spoonful of flour in the water ; let the whole boil together for say twenty minutes. Add, when nearly ready, two breakfast cupfuls of shelled peas, previously boiled till nearly ready. Simmer together for ten minutes, and dish. Can also be prepared with cauliflower, and may be improved by adding a few small mushrooms. Any peas left over from previous day's dinner may be used.

*Stewed Calf's Head.* Suppose that a dressed calf's head has been served for dinner, what remains of it may be economically warmed for supper, and be placed on the table in a nice piquant sauce. Remove the bones, and cut the meat into shapely pieces, which heat thoroughly in a gravy previously concocted of minced ham, eschalots, bay leaf, garlic, chopped parsley, pepper, salt and sugar, all stewed in three-quarters of a pint of water, till the *virtue* is extracted from them.

Cut the cold beef into inch pieces, season them to *Beef Fritters*. taste, and having coated them nicely with a paste made of potatoes and a little gravy, fry them in dripping, and then brown them before the fire.

*Bubble and Squeak.* Cut some thin slices of cold salt beef or pork; fry them in fine clean lard or butter, with plenty of pepper; next fry the vegetables, previously boiling them; chop them nicely up if cabbage, and keep them in the middle of the dish, arranging the slices of meat neatly round them. Make a sauce as follows, and pour over the whole.—Stir a few small-cut onions into a little melted butter, to which has been added a teaspoonful of made mustard. Fry a dozen or two mushrooms and serve round the beef.

*Envelopes of Veal.* Cold roast veal may be thus turned to account. Cut it neatly from the bone and mince it very fine, with about a fourth part of boiled ham, as also some chopped egg and seasoning to taste; you can moisten the mince with a spoonful or two of white stock, after which it is ready to be used. Roll out your paste and cut it into pieces, on each of which put a tablespoonful of the composition, and fold up the envelope neatly. Do them in the oven; they will be ready in about twelve minutes or so, or they can be fried in about the same time. The mince can be put into pastry cases, to come to table as veal patés.

*Minced Veal.* Chop up nicely as much cold veal as you may have in the house, and have it ready when you wish to use it. Boil the bones and any trimmings in a stewpan with, say a pint of water, and also seasoning of mace, pepper, and salt, as also a carrot and a chopped onion, with a scrap or two of lemon peel. Let these ingredients simmer for a full hour. Strain off the liquor, and add to it a bit of butter well rubbed in flour, and place it again on the fire till it come to the boil. Skim carefully, and then add the chopped veal; put in a little cream if liked, and squeeze in the juice of a lemon to the contents. Serve hot, the dish being garnished with toasted bread, cut in small portions. The consistency of the stew should be about the same as that of a dish of minced collops. Various addenda may be used, such as forcemeat balls and poached eggs.



*Encore Roast Lamb.* Cut down the remains of a cold roast, and, first of all, stew the bone very gently in a liquor composed of flour and water (very little flour), seasoned with pepper and salt to taste, as also a bay leaf, an onion, and a very little catsup. When this gravy has simmered for half an hour, place in it the pieces of lamb, and let them stew for about ten minutes. Dish the pieces and strain the gravy over them. A dish of green peas may be prepared at the same time, to be eaten along with the lamb.

*Hashed Mutton.* Cut off the most underdone lean parts from a leg of mutton, in pieces of about the size of half-a-crown; never mind the fat. Of the trimmings, bones, and gristle, prepare a well-seasoned gravy with pepper, salt, and chopped onions. In the gravy place the pieces of mutton for a quarter of an hour; but do not let them boil. It must be noted that all these meats having been cooked before, require very little firing; but the vegetables to be eaten with them, or the sauces to render them palatable, must all be well done.

*Cold Mutton Haricoted.* First of all, make ready your vegetables, which should consist of a carrot or two cut in pieces, a turnip cut into little balls, as well as a few small onions. After these are pretty well cooked, place them in a liquor made out of the mutton bone and coarse pieces of the joint; add the pieces of mutton cut into chips, and let them all simmer for seven or eight minutes. Season to taste, and give the bones and fat bits plenty of time to exude all their juices when you are making the gravy.

*Ribs of Beef Re-dressed* Divide the bones, by means of a saw, into halves. Stew them along with some vegetables, turnip, and carrot cut into smallish pieces, for about an hour. The stewing liquor may be seasoned to taste with onions, pepper, salt, etc., and should be thickened with flour; arrange the bones tastefully in a dish, with the vegetables around, pour over the whole a little of the gravy, and serve hot with an accompaniment of mashed potatoes.

“*Devils.*” These are *relishes* of meat done with very high seasonings; they are chiefly made from pieces of cold fowl, such as the leg or back of a turkey, goose, capon, or other fowl, as also of grouse or blackcock.



Score and open up the pieces of meat to be grilled where it is possible to do so, so that the seasoning may be made to penetrate. The seasoning must be administered according to taste ; it usually consists of salt, pepper, curry, cayenne, mushroom, and truffle powder, or may be flavoured with dried anchovy, etc. Season at table, and send to kitchen to be broiled. If not to be served dry, prepare a very *hot* sauce, and let the bones or joints which have been grilled be accompanied with pieces of dry toast.

*Curry of Cold Fish* can be re-cooked in various ways. A curry of cold boiled codfish can be rendered very palatable. Proceed as follows :—Fry the flakes of the fish in fine lard or butter, and then stew them slightly in a little soup stock, thickened with butter and flour, adding a tablespoonful of curry powder ; and a few small onions to the curry, but see that they are well done before doing so. The fish does not require much cooking. Other white fishes, as haddocks, cold turbot, or halibut, may be similarly prepared. Cold boiled fish may be slightly fried, and sent to table in a presentable state.

*Useful Way of Re-cooking Beef or Mutton.* Cut down the cold meat in neat little pieces, season each with pepper and salt, dip it in beat egg, and then dust it over with flour. Lay the pieces on a dish and trim nicely with coloured pickles, and moisten all with a little stock gravy ; build round the whole a wall of mashed potatoes, and place in an oven for ten or twelve minutes till thoroughly hot. This is a practical mode of using cold beef or mutton.

*Casseroles of Mutton.* Mince the meat with care, seasoning it to taste with pepper and salt. Having buttered a mould, line it an inch thick with nicely mashed potatoes, then fill in the mince, lay on an inch thick with mashed potatoes, and then bake for a few minutes ; turn out of the shape and brown in the oven or before the fire. With attention this may be made a most presentable dish.

I need not extend these examples of cold meat cookery, and my readers will have noted from their perusal that much depends on the sauces, and sauces are always expensive. As regards cold roast beef, I think it is best eaten as it is, especially when it has been carefully cooked. Cold roast beef, I am told, forms a favourite dinner dish at the Royal table.

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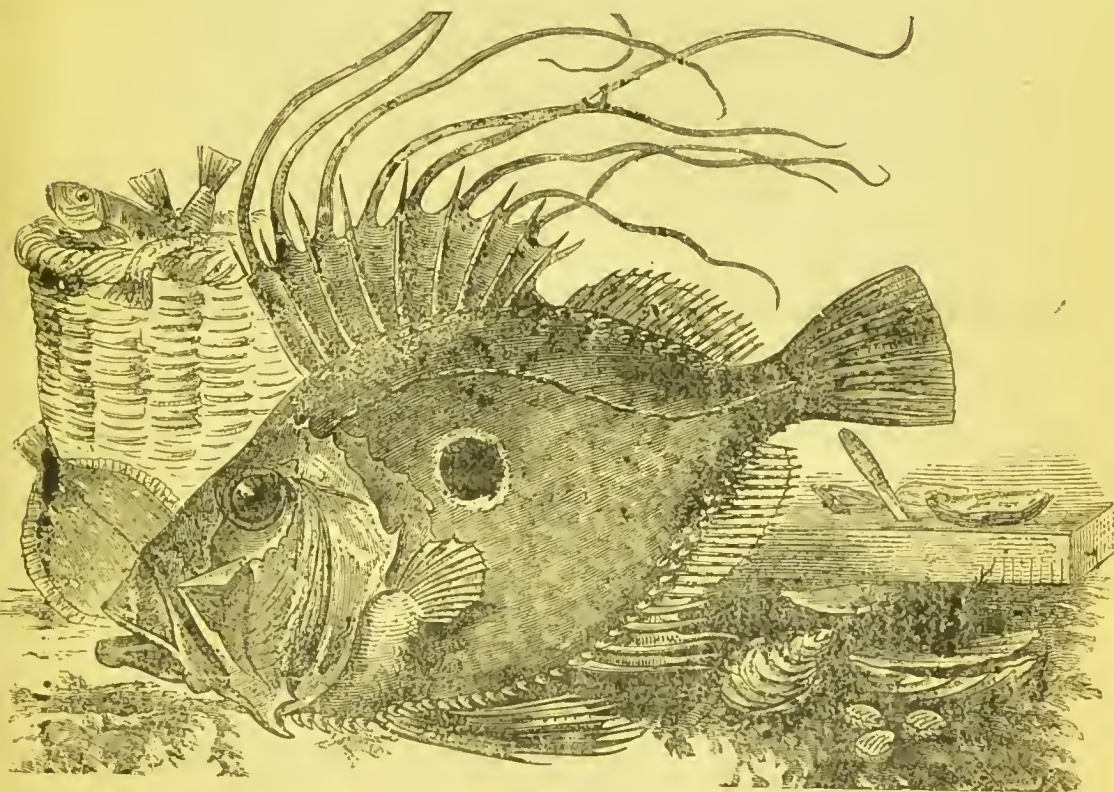
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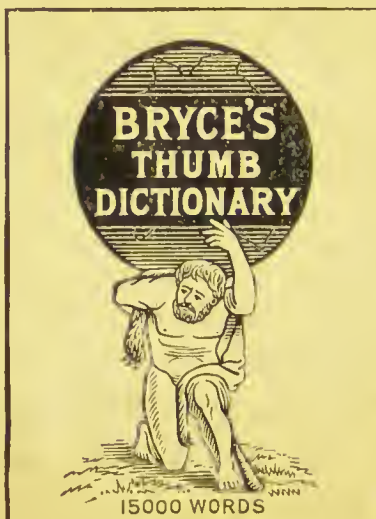
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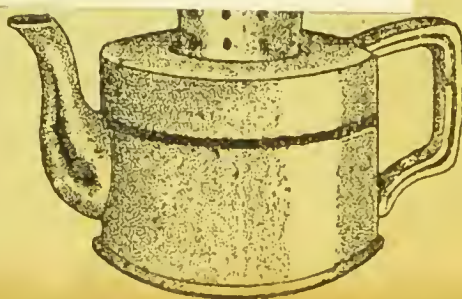
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